

Ayurveda Immersion

with Arun Deva

Friday – Sunday
August 6, 7 & 8

Black Dog Yoga
Sherman Oaks

Shining a Light on the Science of Life

Comprehensive Introduction To Ayurveda: Samkhya, Dosha, Dhatu, Mala, Agni*

Friday, August 6 • 6:30p–9:30p

The Sacred Art of Eating

Ayurveda & Food with Special Emphasis on Culinary Spices for Common Disorders

Saturday, August 7 • 11:00a–1:00p

Daily and Seasonal Routines

Dinacharya and Ritucharya: Balancing The Doshas.

Includes practicum of teas, oils and herbal jams.

Saturday, August 7 • 2:00p–4:00p

Anatomy of the Subtle Body

Ayurvedic Healing through the Chakra System
with Special Reference to the Pancha Maya Kosa

Sunday, August 8 • 11:00a–1:00p

Ayurveda For Yoga Practicum

(For Teachers & Advanced Students)

Exercises In Identifying Doshic Imbalance for yoga teachers and
advanced practitioners with special emphasis on marma points.**

Sunday, August 8 • 2:00p–4:00p

*Please note: Unless you have sufficient prior understanding of Ayurvedic Principles, it is highly recommended
you attend the Introduction on Friday night to attend any of the other sections during the weekend.

** This section will involve more advanced practices and is recommended for yoga teachers and/or advanced
practitioners.

\$35 for each section (pick and choose from the 5 sections offered)

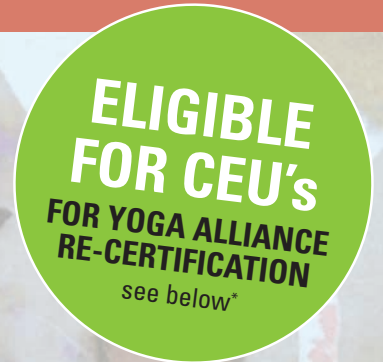
\$60 for full day Saturday OR Sunday

\$145 for the entire weekend

You must pre-register with payment in order to secure a place in this workshop.

Major credit cards accepted. Payment is non-refundable after July 30th.

Call 818.380.0331



an eclectic mix of hatha yoga™

Black Dog Yoga 4454 Van Nuys Blvd. Ste
206, Sherman Oaks, CA 91403. Detailed
directions can be found at our website.
Abundant long-term and free parking.

blackdogyoga.com



*Arun Deva is a Diplomate in Ayurveda (DASc), an Ayur*yoga Therapist and a Vinyasa Krama certified yoga teacher He has a clinical practice in West Hollywood, CA where he sees clients for consultations, treatments including panchakarma, and yoga therapy. He also teaches classes at Liberation Yoga and Dancing Shiva Yoga & Ayurveda when not traveling. He is the founder of Arunachala Yoga & Ayurveda and teaches workshops and classes internationally, is the author of numerous articles and has appeared on many TV and radio. For more information go to: www.yogarasayana.wordpress.com.*

*For an additional fee. Fee ranges based on what workshops you register for. Please email mischa@blackdogyoga.com for more information or to register.