

Ayurveda for Yogis

Transitioning to Spring

with Eleni Tsikrikas, CAS
Certified Yoga Teacher

Ayurveda is the "science of living".

According to this profound wellness system, late Winter and Spring are when the elements of Earth and Water (Kapha dosha) are prominent in nature and in our bodies.

In the natural world, Kapha is evidenced as melting snow and cool, wet days.

In the body, the range of Kapha conditions include slow or sluggish digestion, weight gain, recurring allergies, congestion and feelings of lethargy and excessive sleep.

Whether these imbalances are mild, moderate or severe, Ayurveda offers a variety of simple, highly effective tools and strategies for offsetting Kapha's symptoms and restoring balance.

In this unique workshop we will learn various lifestyle practices, foods, herbs, and rituals to create abundant health and vitality for the Springtime and throughout the year ahead.

Saturday, March 6

10:00 am - 1:00 pm

3:00 pm - 5:00 pm

investment:\$75

In this workshop we will also explore:

- The history of Ayurveda
- The seasons, an Ayurvedic perspective
- The true nature of Kapha dosha
- The six tastes that contribute to health
- Daily practices for optimal wellness

About Eleni:

Eleni Tsikrikas is a Clinical Ayurvedic Specialist and Certified Yoga Teacher. She is a graduate of The California College of Ayurveda and is on the faculty at CCA. Eleni has a busy Ayurvedic practice in Silverlake, LA and offers workshops both nationally and internationally. Additionally, Eleni will be available for private Ayurvedic consultations. Call for appointment.

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