




Dhyanyoga Centers Presents ॐ March 16-18, 2012

## A WEEKEND WORKSHOP

# *Ayurvedic Principles for Body, Mind and Spirit*



**BODY:** How to make the physical body fit for spiritual practice through Ayurveda.

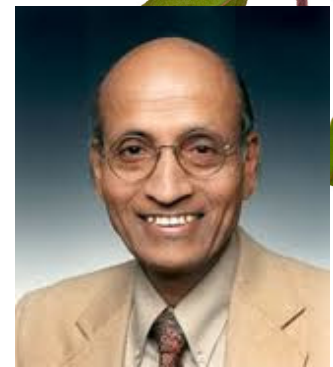
**MIND:** How to attain mental health, improve concentration, achieve mental peace and inner harmony through Ayurveda.

**SPIRIT:** How to attain self-realization through Ayurvedic principles for living.



**Shri Anandi Ma**

Shri Anandi Ma, self-realized master, spiritual heir of Shri Dhyanyogi, and head of the ancient lineage of Kundalini Maha Yoga.



**Special Guest  
Dr. Vasant Lad**

Dr. Vasant Lad, BAMS, MASc, world-renowned Ayurvedic Physician from India with more than 40 years of clinical experience, presents a weekend workshop.



Continuing Education Units (CEU) are approved for Yoga Alliance (10 YA credits)

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