

SoulSpring Counselling Presents:

INTRODUCTION TO AYURVEDA AND AROMATHERAPY

SUNDAY, SEPTEMBER 23RD: 1-3PM



Would you like to learn how to bring balance and healing to your mind, body and spirit? In this introductory seminar you will hear about an ancient system of medicine known as 'Ayurveda'. Ayurveda states that 'health is not the mere absence of disease – it is the balance and integration of physical, emotional and spiritual well-being.' The principles of Ayurveda are all encompassing however in this seminar you will learn specifically how you can awaken your 'inner pharmacy' by accessing the healing power of smell. You will discover what your unique mind-body constitution is and current areas of imbalance through what are called the "Doshas". You can then follow your intuitive wisdom to enliven healing through aromatherapy.

The use of essential oils for wellbeing also dates back to ancient times. The importance of using the most pure and unadulterated oils is important because your skin is the largest organ in the body. For this reason I have chosen the oils created by Young Living. You are welcome to use whatever oils you choose from whatever brand, however, the more pure, the more safe and therapeutic. We will have samples on hand and other 'goodies' in this fun and interactive seminar!

Join us for an introduction to Ayurveda and the therapeutic benefits and uses of oils. Learn why they have such a powerful impact not only on our physiology, but also balancing our mind and spirit.



FACILITATED BY:
DEBORAH R. LAIN, MSC
REGISTERED PSYCHOLOGIST & CHOPRA CERTIFIED
AYURVEDIC LIFESTYLE INSTRUCTOR

&
SUE SHOWERS
YL ESSENTIAL OIL PRESENTER

LOCATION:

INSPIRE WELLNESS CENTRE – LOWER LEVEL STUDIO

2115 SIROCCO DRIVE SW

REGISTRATION IN ADVANCE: \$20

CONTACT: SOULSPRING@TELUS.NET