

PERFECT HEALTH WEEKEND WORKSHOP

LEARN TO BRING MIND-BODY BALANCE, HEALTH & NOURISHMENT INTO YOUR LIFE



*Nada Vignjevic, B.A. Certified Chopra
Center Perfect Health Instructor*

The **Perfect Health Lifestyle Program** teaches students a powerful regimen of Ayurvedic practices and techniques designed to:

- balance the mind-body
- enhance daily nutrition
- reduce emotional turbulence
- restore vitality
- re-awaken the senses

Learn about the lifestyle program developed by **Deepak Chopra, M.D. and David Simon, M.D.**, co-founders of the **Chopra Center**.

PERFECT HEALTH WORKSHOP

Session 1—Friday January 6, 2012 7-9:30pm \$100

Learn about the principles of Ayurveda, Identify your mind/body constitution, interpret the mind/body questionnaire and discover new meditation practices.

Session 2—Saturday January 7, 2012 12:30-3:00pm \$100

Learn about proper digestion, nutrition, daily Ayurvedic routine, elimination of toxins and rejuvenating techniques.

Session 3—Saturday January 7, 2012 3:30-6:00pm \$100

Learn about conscious communication, releasing emotional turbulence, achieve emotional freedom, and learn to use the five senses to access the power of your body's inner pharmacy.

Early-Bird Special \$249 + HST for all three sessions until December 31, 2011.

Regular Cost \$279 + HST.

Contact Us

Kelowna Hot Yoga Studio #1445 Ellis Street Kelowna, B.C.

For more information or to register for the workshop call 250-717-1227 or e-mail us at brenda@kelownahotyogastudio.com. Space is limited.