

Finding Hormonal Balance with Ayurveda

A workshop exploring how Ayurveda can help you feel healthy, vibrant and balanced at any age



For many women “that time of month” (menstruation) and “that time of life” (perimenopause and menopause) can be overwhelming. Digestive troubles, hot flashes, lack of sleep, night sweats, weight gain, dry skin, irritability and lack of mental clarity are just a few of the typical symptoms that many women experience.

Join Jennifer for an afternoon to learn how the simple and effective practices of Ayurveda can help bring your body back into balance at any stage of your life.

Topics will include:

- How to eat, when to eat and what to eat to support hormonal balance
- How to fix sleep imbalances so that you can have deep restorative sleeps
- How to manage emotional stress with Ayurvedic practices
- Optimal exercise to balance each dosha (Vata, Pitta and Kapha)

“I hold Jennifer entirely responsible for my increased energy and ability to sleep through the night, something that has been missing for as long as I can remember.”

- Sarah

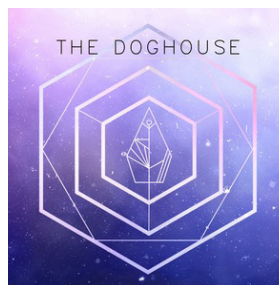
Sunday February 2nd 10:00am-12:30pm

Location: The Doghouse 1690 Carron Rd. Courtenay, BC

Cost: Early bird \$45 (before January 15th), \$50 after

Registration: Please RSVP and send an e-transfer to: thedoghouseyoga@gmail.com

Things to Bring: Pen and a journal



Purely Ayurveda



Jennifer Temple is a certified Ayurvedic Practitioner who offers Ayurvedic consultations in Cumberland, BC. Visit purelyayurveda.ca to find out how Ayurveda can transform your health and wellbeing through simple and effective practices.