

An Ayurvedic Approach to Weight Loss

*Come learn how Ayurveda can help you lose weight,
have more energy and feel good about your body*

The Ayurvedic approach to weight loss is very simple and very effective. The bottom line is that it works. Working with Ayurvedic principles for weight loss will bring your body back into balance so that you will feel light, healthy and vibrant.

In this workshop you will learn the 10 ways in which Ayurveda addresses weight loss. Topics will include optimizing your digestion, foods that support weight loss, proper food combinations and lifestyle routines that will help you have more energy and vitality.

Join Jennifer for an afternoon to learn the Ayurvedic approach to losing weight and how to keep your ideal body weight throughout all stages of your life.

“Jennifer’s boundless understanding of patients, and compassion, as well as her sincere intention to create balance, guides you on a journey of self-discovery and healing. Spending time with Jennifer is a genuinely beautiful experience!”

- Brad

Saturday February 1st 1-3:30pm

Location:

Nourish Wellness Centre Unit C 1822 Comox Ave Comox, BC

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

Registration: Please send an e-transfer to Jennifer@purelyayurveda to reserve your spot

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.