

# Strengthen Your Immune System through Ayurveda

*A free workshop offered to businesses and organizations to help their employees embrace a vibrant and healthy way of life*

Join Jennifer for a fun and interactive 2 hour workshop to learn how the simple and effective practices of Ayurveda can help strengthen your immune system, energize your body, calm and clear your mind and feel an overwhelming sense of balance and well-being.

## *Topics will include:*

- ✓ Learning about the 3 mind/body connections (Doshas) of Vata, Pitta and Kapha.
- ✓ How to strengthen your immune system to protect yourself from viruses, colds, coughs...
- ✓ What to eat, when to eat and how to eat to support and balance your body/mind.
- ✓ How Ayurveda can help increase your energy levels!
- ✓ An Ayurvedic approach to correcting sleep imbalances for deep restorative sleeps.
- ✓ How to manage emotional stress with Ayurvedic practices.
- ✓ Diet and lifestyle recommendations for a calm and clear mind.
- ✓ Ways to optimize your digestion so that you feel light and energized after eating.

To find out more information about workshop details or available dates please email [jennifer@purelyayurveda.ca](mailto:jennifer@purelyayurveda.ca) or phone [250-897-6112](tel:250-897-6112).



Jennifer Temple is a Certified Ayurvedic Practitioner offering Ayurvedic consultations and workshops. To find out more about Ayurveda and to read testimonials from past clients please visit [purelyayurveda.ca](http://purelyayurveda.ca).

