

# Coming to your Senses

## A Practical Ayurveda Workshop

Saturday, October 16<sup>th</sup>, 1 - 3pm

\$ 30 adv. / \$ 35 at the door

Our body is communicating what we need to know every single day, but are we listening? A lack of connection to who we truly are is all too common in this fast-paced world. We sometimes find ourselves eating without tasting our food, listening without being truly present, and going through the motions of our workday, even our yoga practice without experiencing the sensations that arise in us. And often times we work too hard and spend too much time and money to get into shape or stay in good health. This workshop will blend the ancient Ayurvedic art of understanding and eating for your body type with a practical education of lifestyle modifications that will teach you how to optimally move your body. The essence of it is to develop a foundation of self-awareness from which you can make good decisions and use your energy and body wisely. Learn how to walk again. Learn to cook again. Learn to listen again!



Jennie Erke "I came to this practice in 2005 mainly because of my love of food and my passion for teaching and celebrating people. My goal is to synergize Ayurveda's ancient self healing systems with our modern western lifestyles by awakening your highest health through living in harmony with the world around you and ESPECIALLY the unique world within you. Any 'dis-ease' or illness is an occasion to go deeper. I offer guidance to explore and awaken a deeper self knowledge through the understanding of your unique constitution. My first influences in self-healing were my grandmothers and my mom. I studied with John Holmstrom at the American University of Complimentary Medicine."



Darren Foster grew up in northeast Missouri, running, jumping, and working on a farm. He is an all state athlete in track & field, basketball, and football, and a collegiate athlete in football and track & field. With a degree in psychology as well as national certifications in the field of physical training and post-rehabilitation, Darren moved to Los Angeles in 1994 to continue his study of physical training among the best. Darren has been successfully working for over 20 years in physical rehabilitation and teaches how to minimize trauma with resistance training. He also has an extensive background in martial arts, modern dance and ballet and has been practicing yoga for over 10 years.

**Call 310.559.7200 to Reserve your Space!!**

