

Kashi School
of
Yoga



FREEDOM FROM ANXIETY AND DEPRESSION

with Dr John Douillard
April 26, 2008

Don't miss this opportunity to learn from an authentic master of Ayurveda and health. Discover how cycles of anxiety and depression work in the body and what we can do to free ourselves from this cycle. Dr Douillard will teach us how a balanced lifestyle can significantly alleviate anxiety, stress, depression, cravings, fatigue, and weight gain.

Also, learn how anxiety and depression are reduced by spiritual practice and the process of kundalini rising. For this program, Dr Douillard will be offering a new section on "The Science of Spiritual Process: Kundalini Rising." You will learn how anxiety and depression are impacted by spiritual process and learn practices to access your authentic self.

- Learn the best herbs, daily routines, exercise, yoga practices, and breathing techniques to resolve your chronic difficulties
- Find out why certain eating habits influence your moods
- Make your sensitivity the source of your power rather than a weakness.
- Learn about your Ayurvedic mind-body type and how to work with it.

**Cost: \$85 -
includes
vegetarian
lunch**

**Saturday
9.30 - 4 pm**

**For registration
call
772-589-1403
x 112**

**Continuing
Education Units
available**

**Wear comfortable
clothes**



John Douillard, PhD, has been teaching Ayurvedic medicine, natural health, fitness, and nutrition for 17 years. Dr. John Douillard is a specialist in Ayurvedic medicine. who codirected Deepak Chopra's Ayurvedic center for eight years. Currently he directs the LifeSpa School of Ayurveda and practices Ayurvedic and chiropractic medicine at LifeSpa in Boulder, Colorado. Visit www.lifespa.com.

**11155 Roseland Road, Sebastian, FL 32958
Call 772-589-1403. Visit kashi.org. Shop at mas-india.com**