



Kashi School  
of  
Yoga



# Free Your Most Brilliant Self Through Better Relationships\*



**March 17, 2012**  
**9 am - 4 pm, \$85**

**Workshop  
price  
includes  
a vegetarian  
lunch**

Do you hold back love from friends or a partner? Is there someone in your community that just triggers you? Do you find yourself saying, "If that person would do more of this or less of that I would be so much more willing to be nice to them"?

If this is you, then come and discover how these difficult relationships are an opportunity for you to grow and experience your true nature - to be loving and joyful for no reason.

Let Dr. Douillard, DC help you find and use those relationships, along with Ayurvedic Psychology and Self Inquiry techniques, to experience your true nature.

*Dr Douillard co-directed Deepak Chopra's Ayurveda Center and has worked in natural health, fitness, and nutrition for many years. Currently he directs the LifeSpa School of Ayurveda in Boulder. For more information go to [www.lifespaspa.com](http://www.lifespaspa.com).*

\* Valid for CEU and 500 hour Yoga Teacher Trainings credit

**1155 Roseland Road, Sebastian, FL 32958**  
**Call 772-589-1403. Visit [kashi.org](http://kashi.org). Shop at [mas-india.com](http://mas-india.com)**