



Workshop Series
featuring
Dr. Sheetal Ajmani



SEASONAL SELF-CARE: SPRING AYURVEDA WORKSHOP



Embrace the season of rebirth, growth, and blooming by learning Ayurvedic principles tailored for this time of the year. In this workshop, you'll:

- Gain insights into the foundations of Ayurveda and its relevance to modern self-care
- Learn practical tips on adapting your daily habits, routines, mindset, and diet to harmonize with the energy of Spring.
- Explore the art of practicing self-compassion as you navigate the changing seasons of your life

All abilities and bodies welcome!

WHERE: COASTAL PILATES AND YOGA
WHEN: SATURDAY, MARCH 23, 2024
TIME: 10:00 - 11:30 AM
COST: \$45 (PRE-REGISTRATION REQUIRED)
BRING: YOURSELF, PEN & PAPER!

Coastal Pilates and Yoga

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