

~ Ayurveda Explained ~



About Mary Guerenabarrena

Mary Guerenabarrena is an Ayurvedic Consultant and Yoga Educator. Her work combines Ayurvedic lifestyle counseling, yoga, diet and nutrition, and herbal remedies, to assist her clients in regaining balance in the body, mind, and soul. Mary has over 1,200 hours of professional training in this area. She is a graduate of The Kripalu School of Ayurveda in Lenox, Massachusetts, and is a professional member of the International Association of Yoga Therapists (IAYT) and the National Ayurvedic Medical Association (NAMA). Mary has also served on the Board of the Rishi Center in Newport, Rhode Island. She is a Cho Dan (Black Belt) in Tang Soo Do Mi Guk Kwan. She feels her blend of yoga, meditation, breathing techniques, and the martial arts has helped her achieve a higher level of consciousness, relaxation and peace. Her goal is to help others do the same.

with Mary Guerenabarrena

Sunday, August 1

1-4 pm

FEE: \$35

Is your Dosha Vata, Pitta, or Kapha?

Do you know what a Dosha is? Do you want to?

Ayurveda Explained introduces the overall concepts of Ayurveda and how this holistic approach to living can enhance your health and wellbeing.

Ayurveda is “the sister science” to yoga and works as a complement to yoga practice. “Ayur” means life and “Veda” means science. Ayurveda, the science of life, is a holistic approach to life, incorporating an understanding of your true nature, your constitution (Dosha), an Ayurvedic diet, external skin and body care techniques, wisdom philosophy, and practical application of healthful Ayurvedic choices.

During the course of *Ayurveda Explained*, you will discover the role this holistic science can play in your life. You will be introduced to the Doshas and how to determine yours, an Ayurvedic approach to food and herbs including the six tastes of food, the five elements, how food and the mind work together, how food affects our emotions, and techniques to cleanse and care for the body both inside and out.

In conclusion, we will discuss the basics of an Ayurvedic diet, daily Ayurvedic practices for balance and good health, and how to cleanse and prepare your body and soul for the upcoming season.

Register online or call: 401-683-9642

Payment must be made at time of registration.

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