

Women's Health & Wellness

April 17, 3:30-5:30pm; April 24, 10am-1pm \$75

This Wise Earth Ayurveda Women's Course is designed to educate you in the knowledge of the long forgotten Vedic wisdom of the lunar cycles that guide a woman's health, joy and longevity. In this highly participatory course, you will learn Wise Earth Ayurveda's unique sadhana practices to bring your monthly cycle in harmony with lunar rhythms. These nurturing practices are designed to help every woman reclaim her beauty, health and inner joy.

Part I: Strengthen your Feminine Shakti Energy with Lunar/Solar Breathwork & Vedic Chanting, Learn the practice and timing of Uttara Vasti- utterly victorious nurturing practice for women as well as experience the making of the formulas.

Part II: Pichu Treatment: Oelation of forehead for removing Mental and Physical Stress and awakening Intuition . Shirodhara: the dripping of oil across the brow for deep relaxation and evoke deep cognitive memories and in turn brings health to the bodily tissues.

This class is appropriate for all women in any stage of her life.

To register or for more info: laura@moonjewelhealing.com/785.550.8931



Wise Earth Teacher Laura Martin-Eagle has been carefully trained by Sri Swamini Mayatitananda to teach WISE EARTH AYURVEDA® education and sadhana practice. "Laura is an accredited teacher who brings her life skills and her own inimitable excellence and sadhana competence to help you learn this extraordinary inner medicine healing education, WISE EARTH AYURVEDA"

