



SEED TO FLOWER

INTRODUCTION TO
AYURVEDA WORKSHOP
SATURDAY 7 DECEMBER 9AM-4PM

Delve into the 5 elements that make up your constitution, 3 Cosmic Forces, 3 Doshas, Rhythms, Qualities, Tastes & basic Dosha balancing postures for your Prakriti.
No prior yoga experience necessary.

R750 incl. lunch. R350 confirms your booking.

René Lambert

Qualified Hatha Yoga Teacher | Restorative Yoga Therapist | Ayurvedic Practitioner | Massage & Reflexology
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