

Introduction to Ayurveda: the yogic system of medicine for body and mind



**A 50 hour, non residential course - 5 weekends from
Sept. 2017 to February 2018**

with

***Elizabeth Roberts, Ayurvedic Practitioner & Educator and Yoga teacher
Sn. Bijam, Y.S. / Satyananda Yoga teacher and Consultant Psychiatrist***

@ St Margaret's House, 151 London Rd, Edinburgh EH7 6AE

Sept 9-10; Oct 21-22; Dec 2-3 2017; & Jan 6-7; Feb 17-18 2018

Cost: £500 for existing YS members (£525 non members)

"Ayurveda is the Vedic science of healing for both body and mind. Yoga is the Vedic science of self-realization that depends on a well-functioning body and mind... The foundation of yoga should be Ayurveda and the fruits of Ayurveda, yoga". (David Frawley).

Full course description and booking information from

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