

Ayurveda: the yogic system of medicine for body and mind



Herbs as food and medicine

A practical 6 day course that balances learning about herbs with
asana, pranayama and meditation

with

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

@ The Salisbury Centre, 2 Salisbury Road, Edinburgh EH16 5AB

*Sunday 16th September 2018, thereafter all Saturdays : 6th October; 3rd
November; 1st December; 5th January; 2nd February 2019*

Cost: £360

Full course description and booking information from

Elizabeth Roberts: horsleyhill@gmail.com Tel: 0145870564

