

# AYURVEDA FOR DAILY LIVING

## SIMPLE HOME REMEDIES

WITH ARUN DEVA



ARUN DEVA IS A DIPLOMATE IN AYURVEDA (DASC), AN AYUR\*YOGA THERAPIST AND A VINYASA KRAMA CERTIFIED YOGA TEACHER. HAVING STARTED HIS STUDIES OF BOTH YOGA AND AYURVEDA AS A CHILD GROWING UP IN INDIA HE HAS MADE HIS HOME IN LOS ANGELES FOR OVER 30 YEARS NOW. HE HAS A CLINICAL PRACTICE IN WEST HOLLYWOOD AS WELL AS DANA POINT, WHERE HE SEES CLIENTS FOR CONSULTATIONS AND TREATMENTS INCLUDING PANCHAKARMA. ARUN TEACHES YOGA THERAPY ONE ON ONE. HE CAN ALSO BE FOUND TEACHING CLASSES AT LIBERATION YOGA, PACIFIC ASHTANGA YOGA SHALA AND DANCING SHIVA YOGA & AYURVEDA.

AYURVEDA IS AN AGE OLD SCIENCE OF LIFE THAT AROSE OUT OF THE SAME GREAT VEDIC TEACHINGS THAT GAVE US YOGA.

IT HAS ACTED AS A SPIRITUAL HEALING ART, A FULL MEDICAL SCIENCE AND A NATURAL HOME REMEDIES APPROACH IN INDIA SINCE TIME IMMEMORIAL.

OF LATE, IT HAS MADE A VERY POPULAR RESURGENCE ALL OVER THE WORLD AS PERHAPS THE WISEST OF ALL HEALING ARTS!

IN THIS WORKSHOP, WE WILL EXPLORE ITS BASIC CONCEPTS INCLUDING THE DOSHA THEORIES.

WE WILL LOOK TO IT'S TRADITIONAL WISDOM FOR GUIDANCE IN OUR OWN DAY TO DAY LIVING.

AND THEN WE WILL TOUCH UPON SIMPLE HOME REMEDIES TO HELP US TURN OUR KITCHENS INTO OUR OWN PERSONAL PHARMACIES!

HIS COMMITMENT IS TO THE "TRIMURTI" OR THREEFOLD PATH OF STUDYING, PRACTICING AND TEACHING IN ORDER TO FURTHER HIS OWN TRAVELS ALONG THE YOGIC PATH. ARUN IS THE FOUNDER OF ARUNACHALA YOGA & AYURVEDA AND TEACHES AYURVEDIC AND YOGIC WORKSHOPS AND CLASSES INTERNATIONALLY. IS THE AUTHOR OF NUMEROUS ARTICLES, HAS APPEARED ON TV AND RADIO SHOWS AND HAS TAUGHT ALONG SIDE DR. VASANT LAD.

HIS WORK CAN BE FOUND AT:  
[WWW.YOGARASAYANA.WORDPRESS.COM](http://WWW.YOGARASAYANA.WORDPRESS.COM)

AND HE CAN BE REACHED AT  
[YOGARASAYANA@GMAIL.COM](mailto:YOGARASAYANA@GMAIL.COM)

yoga  yoga



[WWW.YOGAYOGAONLINE.COM](http://WWW.YOGAYOGAONLINE.COM)

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SATURDAY AUGUST 21, 1:30 - 5:30PM \$45/\$50 AT THE DOOR