

A *“Free Your Mind”* Special Event at

balance 
therapeutic massage & wellness center

What’s Your Dosha, Baby?

An Introduction to Ayurveda

with Guest Speaker, Kathy Jarvis

Come to our workshop to learn about incorporating Ayurveda practices into your healthy lifestyle. The word Ayurveda comes from the Sanskrit roots ayur meaning “life,” and veda meaning “knowledge,” or “the science of self-healing.” Ayurveda, is often called the sister science of Yoga, both over 5000 years old. While Yoga was developed as a practical method for achieving self-realization, Ayurveda was developed as a practical method for maximizing health and increasing longevity. Join Kathy Jarvis, a Certified Vedic Master, to learn more about this powerful science of self-healing and how the Ayurvedic principles can be easily introduced into your daily living to enhance your health.

In this class, you will learn:

- Overview of Ayurveda and its history
- The dominant elements in your body that identify your primary dosha
- Take a quiz to discover your primary dosha
- Begin learning how to use your five senses to balance your primary dosha

Monday, August 9th from 7:00 – 8:30 p.m. at Balance

Fee: \$10 per person

To reserve your place in our class, call 435-654-2532 today.

Kathy Jarvis is a Vedic Master in the Ayurvedic Perfect Health Program through the Chopra Center for wellbeing, in California, where she has studied for the past four years. She is a fascinating woman, whose primary profession is a professional stuntwoman who jumps off buildings, gets set on fire, and crashes cars and motorcycles for camera. She has taken hits for many of Hollywood’s famous actresses. She is a student of alternative forms of healing, including meditation, nutrition and various modalities that keep her functioning at her peak performance. Kathy lives in Park City.

Balance – Therapeutic Massage and Wellness Center

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