

Kashi School
of
Yoga



THE YOGA OF EATING

**Permanent weight loss
and emotional freedom**

with Dr John Douillard
March 21, 2009

**Cost: \$85 -
includes
vegetarian
lunch**

**Saturday
9.30 - 4 pm**

**For registration
call
772-589-1403
x 112**

**Continuing
Education Units
available**

**Wear comfortable
clothes**

Ayurveda, the medical system of Yoga, has been treating stress as the underlying cause of disease for over 5,000 years. When we're under stress, our body naturally stores fat. These fat cells contain the molecules of emotion. It is these molecules that trigger emotional eating, causing us to eat the same comfort foods over and over again.

In order to release these toxic chemicals and emotions from our fat cells, we must reignite the body's ability to burn stored fat as a major source of fuel. Once that is accomplished, we can free ourselves from cravings, balance anxiety and depression, and sleep better-in just two short weeks.

In this one day workshop with Master Teacher and Ayurvedic and Chiropractic Physician, John Douillard-- you will learn simple and profound tools for diet, exercise, yoga, and herbal support to help lose weight and restore optimal health

John Douillard, PhD, has been teaching Ayurvedic medicine, natural health, fitness, and nutrition for 17 years. Dr. John Douillard is a specialist in Ayurvedic medicine. who codirected Deepak Chopra's Ayurvedic center for eight years. Currently he directs the LifeSpa School of Ayurveda and practices Ayurvedic and chiropractic medicine at LifeSpa in Boulder, Colorado. Visit www.lifespa.com.



**11155 Roseland Road, Sebastian, FL 32958
Call 772-589-1403. Visit kashi.org. Shop at mas-india.com**