

About Your Instructor

Sarah McLean

Certified Instructor in Meditation and Perfect Health through Ayurveda

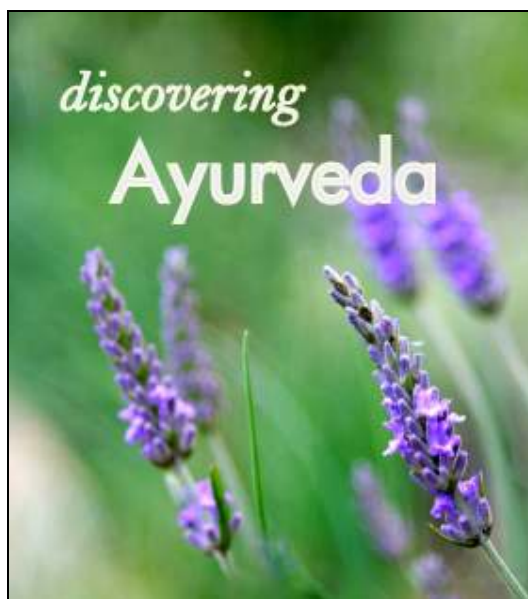
Sarah served as the founding program director of Dr. Deepak Chopra's mind-body health center, trained with Ayurvedic physician Dr. Vasant Lad, and has been teaching meditation and mind/body health since the early 90's.

Sarah's a sought after presenter and writer on mind/body health and stress reduction, and is the director of the Sedona Meditation Training & Retreat Company offering meditation and mind/body wellness programs. She facilitates the Ayurvedic Immersion retreat at the Miraval Spa in Tucson.



Sponsored by:

**Bikram Yoga Institute &
Sedona Meditation Training
& Retreats**



Health is not just the absence of disease; it's a vibrant balance and integration of the physical, mental, emotional and spiritual aspects of our lives.

Ayurveda translates as "the science of life" and is one of the oldest traditional systems of natural health care, originating over 5,000 years ago in India. In this one day workshop you'll learn to:

- **Identify your Ayurvedic constitutional mind/body type – your dosha - and imbalances which might be present.**
- **Use specific aromas, tastes, sounds, color therapy, and touch therapies to bring about balance.**
- **Maximize nourishment and digestion.**
- **Align with the rhythms of nature to create an optimal daily and seasonal routine.**
- **Choose foods and herbs to use as medicine to restore even more balance.**

When: Saturday, December 4
10:00 – noon, 1:30 – 4:30 pm

Where: 5101 N. 32nd Place, Phoenix
near 32nd & Camelback

Cost: \$65 includes materials

To Register: Call Bikram Yoga Institute
480-946-2116 or e-mail
bikramyogainstitute@netzero.net