

Work with Menopause Skillfully

Open to all Health Professionals
and Yoga Teachers

LEARN TO:

- Use specific foods & herbs for healing
- Weave therapeutic marma and yoga into therapeutic protocols
- Apply the physiology of menopause from both Ayurvedic & Western perspectives
- Teach pranayama & self care skillfully
- Explore the relationship of spirit & sexuality

December 2-3, 2017

Saturday 1pm - 6pm

Sunday 1pm - 6pm

\$195 + tax (209.63) by November 8

\$235 + tax (252.63) thereafter

ON-SITE AND DISTANCE LEARNING OPTIONS

Same price



Amadea Morningstar

MA, RPE, RYT

amadea@newmexico.com

Deva Khalsa

AHP, BA, RYT

deva@devahealth.com

To Register:

www.highdesertyoga.com/workshops

505-232-9642 or walk-in



LOCATION:

High Desert Yoga

4600 Copper NE

Albuquerque, NM 87108

yogainfo@highdesertyoga.com

Receive: 9 Ayurveda CEs thru the NAMA PACE provider program.

This workshop is co-Sponsored by the Ayurveda Polarity Therapy and Yoga Institute and High Desert Yoga