

Ayurvedic Rhythms

For a balanced regimen and maintenance of good health.

Free Open House

Presented by
Molly Schneider &
Robert Talbert, C.A.S.

Wednesday, March 14
6-7:30pm

UC Irvine Campus
RSVP at
extension.uci.edu/layoga

Spring courses begin March 28th!

Ayurveda: The Art of Living
Introduction to Zen Meditation
Introduction to Sanskrit
Legacy of the Vedas
Subtle Anatomy
Introduction to Bhagavad Gita
Introduction to Buddhism

Join a community of students at UC Irvine Extension
in academic courses designed specifically to
support your yoga practice.

More courses available throughout the year. www.extension.uci.edu or 949.824.5414

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