



# Jivaka Ayurveda

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Holistic Health & Longevity through The Science of Life

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## Free Introduction to Ayurvedic Medicine

### Wednesday, Sept 29, 7-9pm

Lecture topics include:

- A Brief Introduction to Ayurveda
- Understanding your constitution and your current state of balance or imbalance
- Overview of the digestion system, the six tastes and using food as medicine.
- 5 Sense Therapies and balancing through opposites
- 14 tips for Healthy Eating that everyone can follow
- Questions and Answers

**Please RSVP at least one day in advance to reserve your place.**

#### Directions from Main Beach in Laguna Beach

From the intersection of Broadway (Laguna Canyon Road) and PCH, turn Left (south) on PCH.

Go 1.4 miles to a signal at DIAMOND ST.

Turn left (away from the ocean) and go up 2 blocks to CATALINA.

Turn Right on Catalina and go one short block to OSGOOD Court.

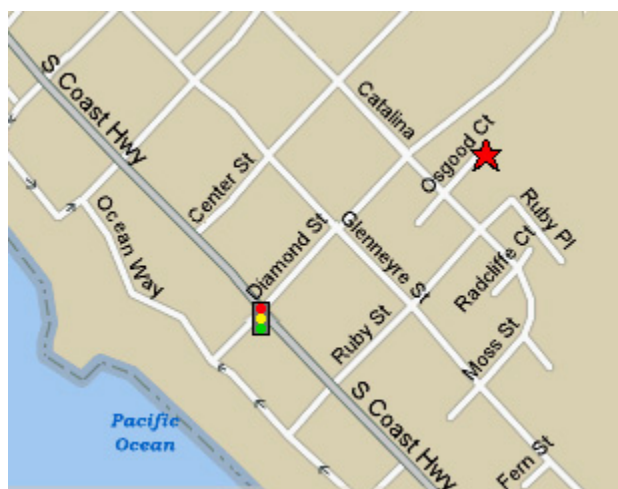
**Please park on Catalina and walk up OSGOOD Court.**

Walk to the top of the block.

My house is the last house on the right. **481 Osgood Court.**

The street ends into my driveway.

Path to front door is to the right. Ring bell to the left of the gate and then follow signs to office.



J I V A K A A Y U R V E D A

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• www.jivaka.com