



# Jivaka Ayurveda

Rob Talbert, M.S., C.A.S.  
Clinical Ayurvedic Specialist  
949•497•3134

Holistic Health & Longevity through The Science of Life

---

## Free Introduction to Ayurvedic Medicine

### Saturday, Feb 11, 2012, 3-5pm

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.

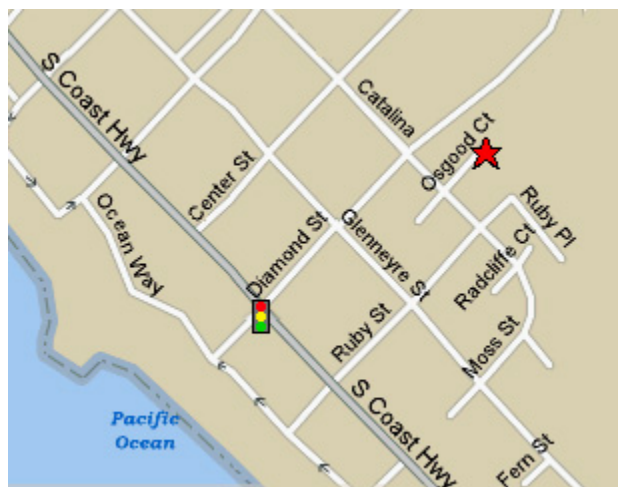
**Please park on Catalina and walk up OSGOOD Court.**

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

---

949-497-3134

•    [rob@jivaka.com](mailto:rob@jivaka.com)

•    [www.jivaka.com](http://www.jivaka.com)