



DISCOVER AYURVEDA

at Yoga Akasha, The Old Mill, 45 London Road, East.Grinstead. RH19 1AW

With Hilary MacRae, BWY DCT, KHYF Trainer

Sunday 1st March 2009 10 am– 1pm

Cost : £15



Ayurveda is a traditional Indian healing system, which was almost unheard of in the West half a century ago and is now familiar as part of alternative health.

In Sanskrit, the word Ayurveda comprises the words āyus, meaning 'life' and veda, meaning 'science'

Find out how this ancient system of wellness links to your yoga practice.

Discover your own constitution and how to plan practices to support good health.

During the workshop there will be explanation of the system and asana and pranayama practices related to each physical type.

Hilary MacRae is a British Wheel of Yoga Course Tutor and a Trainer for Krishnamacharya Healing and Yoga Foundation. She has a degree in Sanskrit and Religious Studies from London University and also a Masters in Sanskrit Literature. She has extensive experience in teaching yoga classes, one to one yoga, and training teachers. She travels frequently to India, where she lives for part of the year. Her main yoga influence has been the teaching of Sri Krishnamacharya and his son Desikachar, and she has spent time studying yoga and chanting at the Krishnamacharya Yoga Mandiram in Chennai. She is a firm believer in the transformative power of chanting and study of the texts in their original language and would like to make this accessible to as many people as possible.

For further details contact Hilary: 01273 710505 or email hilary.macrae@hotmail.com

The cost is £15, to book your place, please complete and return the slip below along with your cheque payable to Hilary MacRae to –

Hilary MacRae, 33 Westbourne Place, Hove, E Sussex BN3 4GN

or hand to a yoga akasha teacher.

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I (please print name) would like to attend

The Discover Ayurveda Workshop on Sunday 1st March 2009

Tel number:

Email address: