

Yoga and Ayurveda

Sunday 29th June, 2014 (10am to 4pm)

@ Yoga Hub Liverpool, Old Hall Street, Liverpool

Ayurveda is the ancient Indian art of health and wellbeing and is seen as the sister discipline of Yoga .

Workshop covers –



- ❖ Basic Ayurvedic anatomy, physiology and pathology (how we become ill)
- ❖ The doshas (constitutional types) and how to identify your type
- ❖ Simple dietary principles for health
- ❖ Ayurvedic herbs that heal
- ❖ Lifestyles
- ❖ Yoga for each doshic type
- ❖ Ayurveda 1st aid for common problems



The morning (2 hours) is mainly theory and the afternoon (3 hours) will look at how Yoga can balance our doshas and treat any underlying disharmony that may be presenting.

The workshop is taught by Mike Cragg who is a qualified Yoga teacher, Pilates teacher, personal trainer, rehab therapist and acupuncturist.

£40 for course

Details/booking 01744 609 058

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