



## **Ayurveda: Purification & Transformation**

Ayurvedic psychology views people as spiritual beings living in a world that does not always support spirit's expression. While one part of us yearns to be free from the cycles of pain and pleasure we experience, another part seeks comfort in the material world.

Ayurveda takes some of the best ideas of the Eastern world and applies them in a person's daily life to bring harmony between worldly and spiritual needs, seeing both as part of a holistic lifestyle.

This session will introduce you to some of the fundamental principles of Ayurvedic psychology and spirituality. We hope to de-mystify the science of kundalini and the chakra system, and give a practical understanding of how purification and transformation go together.

**Where: The Tauranga Yoga Centre**  
**When: Saturday July 18, 2009 10-4pm with 1 hr lunch**  
**Cost: \$60 per person, \$50 if registered by July 10**  
**Register & Questions: Contact Barbara Cook or Glen Crowther**  
**576-5544 / us@ayurlab.com**

More information about class instructors Glen and Barbara is available at [www.ayurlab.com](http://www.ayurlab.com)