



## **Introduction to Ayurvedic Practices: Workshop by Aham Hafez**

Ayurveda is the indian alternative practice and philosophy of living that takes our bodies towards a blissful experience, through developing an understanding of the nature of our bodies, and the nature of the elements around us.

In Ayurveda, everything around us affects our bodies, whether it is food, weather or personal life issues. By understanding these elements, one can achieve a healthy and pleasurable life.

In this workshop, Adham will present the attendees with basic explanation of how Ayurveda functions, basic theories about the elements that constitute our bodies and what's around us, introduction to Ayurvedic cooking, and to homemade remedies that can be easily mastered by the attendees.

*\*Includes handout*

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
4	4	4	—