



Join the Dunnville Community Lifespan Centre Workshop and Speaker Series  
Category: Health and Wellness  
March 17<sup>th</sup> 7pm  
Duration: 1 hour

Workshop Title: Ayurveda Wellness

Description: Want an introduction into the benefits of the oldest preventive healing systems ever developed? Ayurveda is the sister science to yoga and is based on the delicate balance between the body, spirit and mind. Developed over 5,000 years ago in India, this healing system of medicine is based on creating a relationship between your bodily systems through diet, herbal medicine and yoga techniques.

Time: Mar 17, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88996092945?pwd=M25wSFIRbXhzMnBVNVBOSDBZWll3dz09>

Meeting ID: 889 9609 2945

Passcode: 671122



Presenter: Leanne Hart is a certified CYA-Gold yoga instructor and has been teaching yoga for over 10 years. She is also certified as an Ayurveda Therapist and nutritional councilor. Visit her website at [www.yknotunwind.com](http://www.yknotunwind.com)