

UNION/YOGA MASTER CLASS



AYURVEDA

YOGA SCIENCE OF LIFE


with **Dr. RHONDA EGIDIO**

FRIDAY & SAT. SEPTEMBER 4-5

for teachers and serious students of yoga

What is Ayurveda? Ayurveda is the most ancient healing science from which the other healing modalities such as traditional Tibetan and Chinese Medicine emerged. In Sanskrit, *Ayus* means life and *Veda* means science or knowledge. Ayurveda is being in harmony with the rhythms and elements of nature, and your personal nature, in order to live a long, healthy and balanced life.

Rhonda Egidio



"In this workshop, as a special module of UNION/YOGA 300 Master Level teacher training, you will learn how to identify your own bioenergetic type, or dosha, and develop a custom approach to your own health through self-knowledge, and inquiry, diet, and yoga specific to your Prakruti, or type. You will also learn how to use Ayurvedic wisdom to support others—family, students and those you care for." Whether you are a teacher of yoga, a student or novice, discover Ayurveda's very personalized benefits for yourself. Visit: <http://RadiantLifeAyurveda.com> for more information and Dr. Egidio's free monthly newsletter.

Ayurveda and Yoga are sister sciences. Through an understanding of Ayurvedic bioenergy types, or *doshas*, you will enhance your yoga practice by identifying your particular imbalances. These imbalances can be corrected with gentle changes in diet, yoga and lifestyle. Ayurveda is highly regarded as a disease prevention approach, correcting minor conditions before the disease stage is reached.

Rhonda Egidio, Ph.D., RAP is owner of Full Radiant Living in Kalamazoo, MI. She is a Registered Ayurvedic Professional and a Professor of Education at Michigan State University. Rhonda's central belief is that all healing comes from the underlying field of consciousness and our connection with The Divine. We can prepare ourselves with readiness to receive divine healing through the time-tested practices and principles of Ayurveda.

Why Ayurveda? Because Ayurveda is customized, what is helpful for one person may actually be detrimental to another. Learn about your particular doshic makeup and what you can do to become radiantly healthy. In this training you will assess your own Ayurveda constitution (*Prakruti*) and current imbalance (*Vikruti*) to develop a custom diet, yoga asana and lifestyle plan for balancing your "de-ranged" dosha. This workshop is for those new to Ayurveda as well as those with some grounding in Ayurveda knowledge. Whether you are enrolled in UYTT 300, or simply intrigued by the possibility of Radiant Health, please join us.

Ayurveda with Rhonda Egidio, \$269.
register now at www.yoga4.net



UNION/YOGA Master Teacher

Yoga Alliance approved 300 Certification at YOGA4, Lake Leelanau, MI
4 9-Day Modules from August 2015 - February 2016 **\$5880**

See more at www.unionyoga.com or contact Sandra Carden, director at sandra@unionyoga.com