



Ayurveda with Dr. Sarita Shrestha

Proceeds from all events will go to Devi Ma Kunja Hospital in Sipadole, Nepal, a unique hospital that provides traditional Ayurvedic care to all according to their means.

JULY 9 - 15, 2009

DR. SARITA SHRESTHA, MD
AYURVEDA GYNECOLOGY AND OBSTETRICS: B.H.U., B.A.M.S.,
JEEVAJI UNIVERSITY, GWALIOR, INDIA;
DIPLOMA ACUPUNCTURE AND YOGA THERAPY,

is fast becoming recognized as the "Mother of Ayurveda" in the West. She teaches in international institutes and hospitals and presents Ayurveda workshops worldwide. She has received numerous prestigious awards for outstanding service and is renowned as Nepal's first Ayurvedic OB/GYN. Dr. Shrestha is the founder-director of Devi Ma Kunja Ayurvedic Hospital in Sidapole, Nepal.

www.saritashrestha.org



YOGA AND AYURVEDA

Friday July 10th • 7:00pm - 9:00pm

Yoga and Ayurveda are sister sciences. The aim of Yoga and Ayurveda is the same, to connect to your own true nature as spirit. Ayurveda works to heal the physical body and Yoga is the spiritual side of Ayurveda. Yoga and Ayurveda compliment, support and strengthen the practice of each other.

BKS Iyengar Yoga Center of North County
235 No. El Camino Real, Encinitas

WOMEN'S HEALTH

Saturday & Sunday, July 11th & July 12th • 10:00am - 5:00pm

Dr. Shrestha's generous teaching and deep understanding of women's health comes from both an ayurvedic and western view. We are fortunate to have this opportunity to receive the gift of her wisdom. We will learn how to live a healthier more peaceful life. At the home of Carla Levy.

PRIVATE CONSULTATIONS WITH DR. SHRESTHA

July 9th - July 15th • By appointment

Appointments available July 2nd

Find out your unique constitution (prakruti) and where you may have gone out of balance (vikruti). Receive expert guidance to assist you in returning to balance for achieving optimal health. At the home of Carla Levy.

Funds are due by July 3rd

Friday eve workshop	\$35 - suggested donation
Sat & Sun workshop	\$245
1 day only	\$135
Private consultations	\$110

Must send check to reserve your space by above date.

ADDITIONAL DONATIONS WELCOMED

Donations to Dr. Shrestha's hospital are tax deductible, payable to The Growing Edge, a 501 C 3 non-profit corporation.

ANY AMOUNT HELPS!!!

For information or to set up a time for a consultation call Carla after June 8th at 760.268.0560 or email at: Ayurveda@carlalevy.org • www.carlalevy.org

Make checks payable to: Carla Levy
7036 Partridge Place, Carlsbad, CA 92011

KRISHNA DAS HELPS HOSPITAL

Thursday, July 9th

In conjunction with the Krishna Das Concert please join us for light refreshments and traditionally prepared chai in support of Devi Ma Kunja Hospital starting at 6:30pm - one hour before the concert.

Seaside Center for Spiritual Living
1613 Lake Dr., Encinitas



Sign up soon as space is limited for all events and is always filled quickly.