

Param Yoga Healing Arts Center presents

Ayurveda In Everyday Life with Dr. Nisha Patel

Saturday,
April 14, 2018
4:30 – 6:30 pm
\$27



Ayurveda is the ancient Indian system of natural health and the sister science of yoga. Learning and applying the basic ayurvedic principles to our daily lives is important, and this is what Dr. Nisha will be sharing with you.

In this workshop, she will cover:

- Introduction and aim of ayurveda
- Prakruti – body constitution and evaluating your own prakruti
- Daily regimen
- Introduction to panchakarma, the fivefold detoxification treatment for the whole body

About Dr. Nisha Patel

Dr. Nisha was born and raised in the United States, but completed her B.A.M.S. (Bachelors of Ayurvedic Medicine and Surgery) in India. A diplomate in Sports and Exercise Nutrition, she is also certified in Yoga Science and Hair & Beauty Care. Dr. Nisha is currently practicing ayurveda and panchakarma in Los Angeles.

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