



# ayurveda for Every Body

STUDY SESSIONS + SIMPLE DINNERS  
WITH COURTENAY



Known as the "sister science" to Yoga, Ayurveda emphasizes balance and harmony and empowers the individual with simple practices for self-care.



Join Courtenay Mastain for a series of classes focused on incorporating these ancient principles and practices into your everyday life to elevate every aspect of wellbeing.



We will share a delicious, Ayurvedic meal, explore a focused topic, and learn practical solutions for restoring balance to body, mind, and spirit.

January 30	Ayurveda for Every Body
February 20	Doshas + Daily Rhythms
March 26	Spring Cleaning + Seasonal Cycles
April 23	Living By Lunar Time
May 28	Rituals + Recipes for Recovery

60 -fr./session or 260 -fr. for the entire series



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