



YOGA LOFT

Welcomes
Dr. Indu Arora

What is Ayurveda?

Friday
May 6th
5:30 - 8:00 pm



Saturday, May 7th

9 am—Noon:
Concepts of Dosha

LUNCH
12:00—1:30

1:30— 4:00
Diet Specific to Dosha



Sunday, May 8th

9 am to Noon
Dosha Specific Yoga Practice
asanas, mudra, mantra, pranayama and meditation



Register Early! \$225 in advance; \$250 at door.

Amount Enclosed: _____

Name: _____

Address: _____

Phone: _____

Email: _____

Mail registration form with Check payable to:

Mary Beth Nehl:

7215 Hwy. 71 NE | Willmar, MN 56201 | 320.214.7231
email: yogaloft@charter.net | web: www.yogaloft.net

Dr. Indu Arora is a true Yogini by Karma. She is highly accomplished international speaker, Master Yoga Teacher & Yoga Therapist, a Registered Ayurvedic Clinician, Healer and Author, with more than 35,000 hours/ 13 years of teaching experience.

She is a Registered Ayurvedic Clinician 4500 Hours through AAPNA and an Academic Board member of the Association of Ayurvedic Professionals of Northern America, Board member of the World Movement of Yoga and International Advisor to World Yoga Council. She has a Doctorate in Alternate Medicine (MD) and Awarded with Yoga Shiromani and Yoga Bhaskar. She has a Grand Parenting E-500 T-500 from Yoga Alliance and is registered Yoga Therapist. Dr. Arora is pursuing PhD. In Metaphysical Sciences from University of Metaphysical Sciences, CA.

*** Private Consults available for \$150.**
Call in advance to schedule. 320.214.7231