

Perfect Health Starts Oct.29,2019



5 Ayurveda classes, 1.5-2hrs Tues.6:30pm

Lesson 1 October 29 Benefits of Ayurveda and Dosha test

Lesson 2 November 5 Nutrition for Dosha type

Lesson 3 November 12 Emotional Freedom in your Dosha

Lesson 4 November 19 Inner Pharmacy

Lesson 5 December 3 Daily Routines

Package \$250.00 Individual class \$50.00

Register @ Gruenedragon.com