

# WISDOM ON & OFF THE MAT

## Yoga and Ayurveda for Autumn

with Cate Stillman

Thurs. 9/23

4:30-6:30 and/or 7-9p



**\$70 – Entire Workshop** (both sessions)

**\$40 – Single Session** (it is fine to take only one session)

**4:30-6:30p – Kitchen Medicine for Autumn (no yoga)** - Learn to become consciously attuned to the rhythms of nature and how to live in accordance with the Autumn season. Practical and lifelong information to guide you and your loved one's into greater health during this time of year. Discover possible seasonal imbalances and the remedies that help to return to balance. Learn about family food planning, guidelines and the best foods to eat during this time of year to align with nature and bring Ayurvedic wisdom to your daily life.

**7-9p – Evolve Your Yoga Through A Greater Purpose** - This session includes yoga practice and meditation to help connect to this time of year. Embody what it means to release the heat of summer, embrace the grounding harvest of autumn and prepare for the cold of winter in order to maintain balance and well-being.

**Cate** is a Clinical Ayurvedic Specialist and Certified Anusara Yoga Instructor. She conducts Ayurvedic & Anusara workshops in yoga studios around the country. She offers the distance-learning Ayurvedic Living Course, a 9-month exploration into evolving your health.

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Register by filling out this form or email [info@ldyoga.com](mailto:info@ldyoga.com) with registration details.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Yoga and Ayurveda for Autumn: 9/23: \$70/entire workshop \_\_\_\_\_

\$40/single session: 4:30-6:30p \_\_\_\_\_ or 7-9p \_\_\_\_\_

Credit Card # \_\_\_\_\_ exp date \_\_\_\_\_ CVV \_\_\_\_\_

Cash or Check payable to LD Yoga Mail to: LD Yoga, 159 Linden St. 2<sup>nd</sup> flr. ste. 1, Wellesley, MA 02482.

Laughing Dog Yoga, 159 Linden St., 2<sup>nd</sup> flr, Wellesley, MA 0248781-235-9642  
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