

AKASHA YOGA CENTER PRESENTS

Digestive Health & AYURVEDA

with Swati Mhaske, Doctor of Ayurveda Medicine, MS

LEARN MORE ABOUT

- 80% of your immune system is in your GUT!
- What is gut health and digestive fire?
- Ayurveda on gut health and diseases
- Prakriti (individual constitution) and digestion correlation
- Healthy recipes
- Poor gut health and remedies to support it
- COVID concerns

\$55 to attend

\$45 with Premier Membership

Sat March 21st

2:00-4:00

AKASHA

Yoga • Healing Arts • Education

121 N Main St. Crystal Lake, IL 60014

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