



The Healing Gardens
OF AYURVEDA LLC

MEDITATIVE YOGA THERAPY

Tired of feeling sick? Sick of being sick? Stressed over stress?

YOGA MYTHS

MYTH: I need to be flexible and in great shape to practice yoga

MYTH: I cannot practice yoga due to an injury

MYTH: I already belong to a gym, and yoga is costly

YOGA FACTS

FACT: Yoga was created to improve flexibility and heal the mind/body.

FACT: All asanas / poses are modified to accommodate all conditions

FACT: Medical bills, prescription drugs and sleepless nights are also costly. While other workouts provide exercise and drugs provide immediate relief, yoga and Ayurveda have been recognized for over 5,000 years as a highly regarded alternative therapeutic system that helps heal injuries, reverse chronic illness, and balance mental stress.

Please join us at The Healing Gardens of Ayurveda to learn the natural tools that will:

- Restore energy and heal your body
- Detoxify your body and build immunity
- Calm your mind for mental clarity, deeper more sound sleep

How do I sign up? email: tami.toscano@yahoo.com



When: Every Tuesday, 6:30 - 8:00 PM

Where: The Healing Gardens of Ayurveda
Bay Back Center, 2675 Irvine Blvd, Suite 100
Cosa Mesa, CA, 92627



When: Wear loose comfortable clothing, yoga mat, blocks
Yoga mat and blocks are available for purchase

Contact: tami.toscano@yahoo.com

Cost: \$15 per class, \$50 for four classes (\$10 savings)

Featuring Tami Toscano, Certified Yoga Teacher & Massage Therapist