
Join Rachel Manetti, C-IAYT for,

Learn it, Live it: An Ayurvedic summer reset



Saturday, July 30th
8:30-11:30am (AM Session)
12:30-3:30pm (PM Session)

Sky Pond, 118 Rocky Rd, Apex, NC 27523

Register at www.PureResilienceYoga.com

Bring on your summer sweaty, irritated and prickly.

Join me at beautiful Sky Pond on the outskirts of Apex. Whether you come for the AM session, the PM session, or both, you'll leave reset from the summer heat and with a toolkit of Ayurvedic food, lifestyle and yoga tools to balance the muggy NC days of August. Most importantly, you'll understand the simple brilliance of how Ayurveda approaches balance in body, mind and heart in this summer season.

SCHEDULE

AM Session

8:00-8:30 Arrivals

8:30-9:45 Ayurvedic breakfast cooking demonstration (participation encouraged!) & group meal

9:45-10:00 Break

10:00-11:00 Pitta balancing lesson and discussion over homemade summer chai (non-dairy available)

11:00-11:15 Mental digestion (aka Meditation)

11:15-11:30 Wrap-up

(\$139 including 3 hour AM session, breakfast, chai, plenty of Q&A / transition time, & e-book of recipes)

Bonus Time

11:30am - 12:30pm Be time / Questions with Rachel / Transition Out or In

PM Session

11:45-12:30pm Arrivals (If not already on-site)

12:30-1:45pm Ayurvedic lunch cooking demonstration (participation encouraged - again!) and group meal

1:45-2:00pm Break

2:00-3:00pm Pitta balancing yoga and meditation

3:00-3:30pm Enjoyment of specialty cooling beverage, Q&A and wrap-up

(\$149 including pre-session Bonus Time, 3 hour PM session, lunch, specialty beverage & e-book of recipes)

Leave calm, cool and *curious* about
your new summer ways.