

Yogāhā and Ayurveda Wellness Workshop

Yogahā Studio, Kaitoke, Upper Hutt

Saturday 19 October 9-4pm • Cost: \$120*

Come and join us for a day of Ayurvedic nurturing and Yoga for energy and health.

Ayurveda is one of the worlds oldest healing medicines, developed more than 4,000 years ago in India. Ayurveda is known as the science of life (Ayur meaning life and Veda meaning science or knowledge). Like yoga, Ayurveda is a pathway to our bodies wisdom, based on the belief that health and wellness depends on a delicate balance between mind, body and spirit.

Within this workshop you will learn simple Ayurvedic daily routines that assist in bringing and holding us in balance. These include the practice of oil pulling, neti pot, the healing properties of Indian spices as well as a basic introduction to self massage. Take home resources from the workshops will be provided.

Jessica has studied Ayurveda over the last 20 years and has incorporated these practices into her daily life. She is the Director of the Yogahā studio, a Yoga Therapist as well as a Yoga Alliance qualified Yoga teacher. Her approach to yoga is for everyday life and this workshop is suited for all levels. The two yoga classes will be restorative and provide an opportunity to connect deeply through the layers of the self. Come and nurture yourself in the beautiful valley of Kaitoke, just below the Remutaka hills north of Wellington and connect with the healing energy of nature within yourself.



Workshop Schedule

- 9AM** Arrive and Welcome
- 9.15AM** Grounded Meditation
- 9.45AM** Break
- 10AM** Restorative Yoga Session
- 12PM** Lunch
- 1.30PM** Ayurvedic Workshop
- 2.30PM** Break
- 2.45PM** Restorative Yoga Session
- 4.30PM** Workshop ends

Nau mai haere mai – All Welcome

Enquiries and bookings can be made by emailing
Yogahā Director Jessica Hutchings at jvhutchings@gmail.com

**Your investment of \$120 includes lunch and workshop resources.*