



DATE

July 29th (Friday)

6:30 pm - 7:15 pm

Q&A session at 7:15 pm

LOCATION

Yoga Jones

330 State Street

105 S Oak St # 200 Ventura, CA

www.yogajones.com

RSVP

805-640-1071

www.NaturalHealingOjai.com

<http://www.facebook.com/NaturalHealingOjai>



Khabir Southwick,
*Clinical Ayurveda
Consultant & Wholefood
Nutritionist,* is an in
demand healthcare
practitioner who assists
individuals with a wide
range of health conditions
including high blood
pressure, unstable blood
sugar, weight
management, arthritis and

other nutritional and digestive issues. As a
natural health expert and public speaker,
Khabir brings a wealth of information from
having studied a wide range of healing
modalities and diets in Asia for over two
decades. As a health coach, he provides the
framework, tools and motivation for his
clients to make lasting changes.*

LIVE & EAT RIGHT FOR YOUR BODY- MIND TYPE

Individualized lifestyle & dietary
guidelines based on Ayurveda

Are you a Kapha? Pitta? or Vata ?

*Discover your dosha and how to live and eat
for optimum health based on your specific
Ayurveda body-mind type!*

You will learn :

- ◆ How to best sleep, play, drink, eat and exercise to balance your body and mind.
- ◆ **Kapha:** How to manage your weight and improve your energy without coffee*
- ◆ **Vata:** How to improve your dry skin, light sleep, poor circulation and even anxiety.*
- ◆ **Pitta:** How to eliminate your indigestion, headaches and even irritability.*

Free for Yoga Jones members and \$10 for non-members

*Services are education in purpose and are not intended to diagnose, treat or cure any illness.



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