

Fall cohort starts in September



Ayurvedic Perspectives for Personal Transformation

- ◆ Would you like to gain control over your health and well-being?
- ◆ Have conventional health approaches left you feeling unmotivated or helpless?
- ◆ Do you seek a greater connection to your mind, body and spirit?

If so, this group may be a great fit for you.

Ayurveda is rooted in the belief that medical practitioners don't heal people, individuals heal themselves. It can facilitate a shift in perspective to profoundly improve our health, well-being, and sense of control over our lives.

This ancient medical science, practice, and philosophy of the Indian subcontinent has seen a resurgence in popularity in both India and the west. Personalities from Deepak Chopra to Oprah Winfrey to David Lynch have popularized Ayurvedic ideas. But what is really behind the Ayurvedic curtain for regular people?

This group will combine interpersonal connection, conversation, creative activities, and lecture to explore ayurvedic perspectives. In a supportive environment, you'll explore the philosophy and practice of Ayurveda and apply them to your own life. You will investigate your individual constitution and use an Ayurvedic approach to develop and implement a personal vision for health and well-being.

Four Online Sessions

One Saturday morning

September 19 / 11 a.m.–1 p.m.
(CDT)

Three Wednesday evenings

September 23, 30, & October 7
6:30-8 p.m. (CDT)

Cost

Sliding scale for affordability to a broad range of people
\$40 - \$120 for 4 sessions.

Group capped at ten participants.

Objectives

Participants will

- Gain an understanding of the Ayurvedic point of view towards health and well-being.
- Have a fresh perspective on their own well-being.
- Investigate their constitutional make-up and explore strategies to help them gain control over their health and well-being.
- Create their own holistic plan to actualize one or several personal well-being goals.

Benefits to you

- Broaden your perspective on your health
- Gain control over your health and well-being
- Make and sustain healthy changes
- Develop a connection with your mind, body, and spirit
- Learn to integrate your self-care with conventional western medical practices



Facilitated by Mary Dobish, M.A., NBC-HWC

Mary is a Board Certified Health Coach and holds a Master of Arts in Integrative Health and Well-being Coaching from the Earl E. Bakken Center for Spirituality and Healing, University of Minnesota. She is the proprietor of Healing Ground Health Coaching.

Mary is passionate about sharing the gifts she has received throughout her life with others. "With proper space and support, a person can achieve their own unique state of personal well-being."

Learn More / Register
healing-ground.com
info@healing-ground.com / 612-345-8434