

Dysautonomia

Disorders Of The Autonomic Nervous System

Conditions in which nervous system dysregulation can occur: Fibromyalgia, CFS, MS, Lyme, Lupus, Sjogren's, IBS, heavy metal poisoning, Encephalitis, Diabetes, AIDS, alcoholism, H-Pylori, brain injury, autoimmune conditions, Epstein Barr

10 Week Program

(Thursdays, 2:00 – 4:00pm, Starts Jan. 19Th)

YOGA & NUTRITION FOR DYSAUTONOMIA



Course Includes:

Kundalini Yoga & Meditation
Nutrition Therapy, Supplements & Herbs
Self Healing Techniques & Sound Healing
Medicinal Mushrooms & Herb Tonics
Condition Specific Superfoods
Yogic / Ayurvedic Diet & Lifestyle
Presentations by Guest Practitioners

How Kundalini Yoga helps the nervous, immune & endocrine systems.

Yoga supports the flow of blood and cerebral spinal fluid to the brain. It optimizes neural pathways, neural growth factor, balances neurotransmitters and achieves sympathetic/parasympathetic balance. Meditation clears the subconscious mind, supports deep healing, transformation and mindfulness. Yogic kriyas are designed to enhance the function of the endocrine glands and immune system.

LOCATION: Sooke Yoga, early reg. Dec. 31St, Cost: \$249 / regular \$289

Call: 250-891-8300

www.zenholisticnutrition.ca/FB.php



Elissa Michaud of Zen Holistic Nutrition, *Holistic Nutritionist, Kundalini Yoga Instructor, Pranic Healer*