



BALANCE, ENERGY, AND WELL-BEING:

Explore Ayurveda with Levi Ben-Shmuel



Join us at the Center for Health and Fitness for a three-part exploration of Ayurveda, led by our Tai Chi instructor Levi Ben-Shmuel. Discover the 5,000-year-old health and wellness system from India, which, unlike Western methods that focus on one-size-fits-all advice, recognizes your unique energetic blueprint. Through tailored lifestyle and nutrition recommendations, you'll learn how to restore balance, increase energy, and foster a deep sense of well-being.

**March 6, March 13,
March 27**
9:30 a.m. – 10:25 a.m.

Location: CHF Clubhouse Room

Cost per class: \$20

Register in Mindbody

**Sign up now to tap into the wisdom of Ayurveda
and gain the tools you need for a balanced,
energized life!**

Class One: Introduction to Ayurveda and the Doshas

- Discover the Five Elements and your unique Dosha
- Complete the Dosha Quiz
- Experience the So Hum meditation

Class Two: Ayurvedic Nutrition

- Learn about digestion (Agni, Ama, and Ojas) and the microbiome
- Understand the Six Tastes and "Eating the Rainbow"
- Practice mindful eating for better health

Class Three: Emotional Health & Ayurvedic Daily Routine

- Explore happiness, emotions, and the Doshas
- Discover the Seven Steps of Emotional Clearing
- Learn how to heal through the Five Senses
- Establish daily routines for lasting mental and physical vitality



Center for
Health & Fitness

A Public Agency

A Beach Cities Health District Program

Visit beachcitiesgym.com for more information.