## Uniting Yoga & Ayerveda

What is Ayurveda?

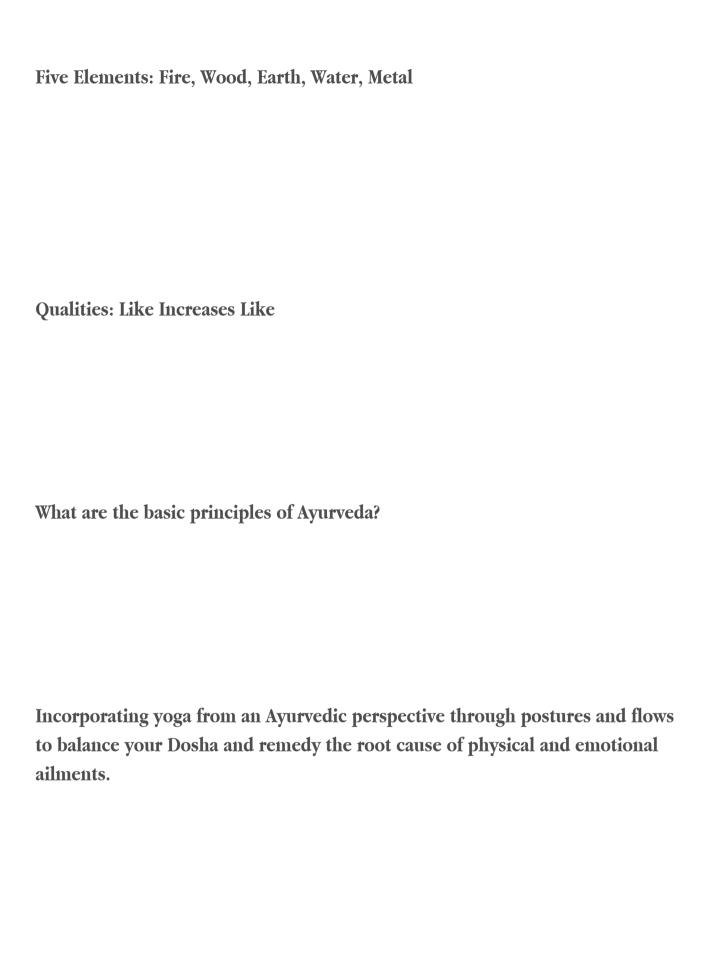
What is the Uniqueness of Ayurveda?

**Your unique Constitution: Doshas** 

• Vata

• Pitta

• Kapha



Yoga and Ayurveda: Application:	
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• Classes

• Clients

• As a Teacher

## NOTES

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