

Ayurvedic Wisdom on Anti-Aging and Longevity

Saturday - February 6, 2016

1-2:30pm - Cost \$15

Pacific Grove Studio



Promoting longevity starts long before the first signs of aging. Understanding the basic principles of Ayurveda provides a platform for a healthier, longer life.

Discover what ancient wisdom of Ayurveda has to offer for you.

Learn what you can do to preserve vitality, youthfulness, physical strength, to be happy and energetic, to have radiant skin, good digestion, sleep and memory. What if there was a special substance in the body that promoted longevity and slowed down the aging. According to Ayurveda, there is.

Are there any longevity herbs? Come and find out for yourself.



Ala Sudol, M.A., Clinical Ayurvedic Specialist, and Licensed Massage Therapist is a graduate of the California College of Ayurveda, a leading college in the United States in the field of Ayurvedic medicine. She has been practicing Ayurveda for over a decade offering health consultations, Ayurvedic therapies, workshops, and lectures. Ala's expertise in herbal medicine, nutrition, disease management and prevention has helped her clients to enrich their health and increase the quality of their lives. As a holistic health care practitioner, she practices what she teaches. Holistic health is not only Ala's passion, it is her lifestyle. She is a professional member of National Ayurvedic Medical Association (NAMA) and California Association of Ayurvedic Medicine (CAAM). Ala Sudol also holds a Master's degree in Teacher Education and Psychology from the University of Warsaw, Poland.

