Press Release

Event:  **Ayurveda Workshop**

Date/Time: Saturday, January 27, 2018 From 2:00 PM to 3:00 PM

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Saturday, January 27, 2018 at 2:00 PM– Come join certified holistic health counselor and yoga teacher Rachna Tewari for an introductory workshop on Ayurveda, the science of life. Ayurveda is an ancient medical system of India that encompasses the healing of the mind, body and soul through diet, lifestyle and yoga.

Participants will learn about the history, philosophy and science behind Ayurveda as well as take a dosha quiz to learn more about their unique health needs.

Registration is not required. Workshop is free and open to all.

For more information regarding the event or to register, please contact Madhu Bajaj Gupta at 860-447-1411 x108, mgupta@plnl.org or go to the library's website at [www.plnl.org](http://www.plnl.org).