

Ayurvedic

SPRING WELLNESS RETREAT

SHANTI MANDIR, APRIL 6-8

WITH AMI JAYAPRADA HIRSCHSTEIN, AHC, C-IAYT



**Ami Jayaprada Hirschstein,
AHC, C-IAYT**

Ami Jayaprada Hirschstein is a Certified Ayurvedic Health Counselor and Yoga Therapist.

She founded and directed two New Paltz Yoga studios: Jai Ma Yoga Center from 1999-2015 and YogAlive 2015-2017. Ami has received teaching certifications as an Anusara Yoga and Kripalu Yoga Teacher and Phoenix Rising Yoga Therapist. She has been teaching holistic healing since 1995.

Relax, recharge and find balance!

Ayurveda is the ancient healing science of India and sister science to yoga. Based on a five elemental theory, Ayurveda works on creating balance through diet and lifestyle. It considers each person a unique combination of the five elements and gives lifestyle tools accordingly.

Spring is the ideal time to let go of toxins. On this retreat you will learn a daily Ayurvedic regimen, *dinacarya*, to gain better health and immunity. Join together with others in support to "clean house" through: cleansing diet, *dinacarya*, yoga, pranayama and meditation. You will learn how to create balance for your unique system and create more vitality.

\$375

includes accommodations, meals and teaching

Start time: Friday, April 6, 5:00pm

End time: Sunday, April 8, 1:00pm

For more information, call
845-532-4167



"When I met with Ami for my initial consultation, I was in rough shape – physically, spiritually, and emotionally. Ami listened attentively, asked astute questions, and held a space of non-judgment and compassion. She identified my doshas, explained their imbalances, and then suggested a series of concrete, therapeutic methods I could use to rebalance my doshas. I am happy to say that I feel better, more nourished, and very grounded. What you will find in Ami is a dedicated ayurvedic practitioner who is passionate about helping her clients regain and restore their energy and spirits. I am deeply blessed to have worked with her."

– S



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Call (845) 778-1008 for more information.
www.shantimandir.com