

Sanity & Nourishment in a Cyber Age: Taking Care of Ourselves Well

An evening with Amadea Morningstar, MA, RPP, RPE

This is a major time of recalibration. Are we going to reset our internal awareness and habits to be able to meet the challenges before us with love and wisdom? Amadea will be integrating information from modern physiology and ancient systems of healing such as Ayurveda to specifically support us in caring for ourselves more successfully. This care for ourselves can then extend to others in an effective way. We will be learning simple ways to ground and heal in our daily lives, including food, breath, nourishment, self touch, sound, and deep listening. Come prepared to learn and apply your learning immediately. Lecture, experiential, and discussion.



Amadea Morningstar, MA, RPP, RPE, is the founder of the Ayurveda Polarity and Yoga Therapy Institute in Santa Fe, New Mexico. She has a BS in Nutrition (UCBerkeley, 1975), a MA in counseling (Southwestern College, 1987), and is certified in the energetic healing modality of Polarity Therapy. She has written four books on food, healing and self care. See: www.AyurvedaPolarityYoga.com, www.AmadeaMorningstar.com

Tuesday October 27,
7-9pm, \$25

**For more information
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Hosted at:
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