

Kalmbach Park is offering a class in understanding Ayurveda

Ancient Wisdom for Modern Life



Ayurveda is the oldest holistic health system in the world, designed to bring the body back into balance so that it can heal itself. The class will be split over two Mondays, each for an hour.

Michelle Constantini, BA, ALC, AFNC, CAP Ayurveda Food, Nutrition and Lifestyle Consultant, will be leading the class. Please sign up on our website at the link below.

March 20th 7-8 PM

March 27th 7-8 PM

The first steps to balancing the body are through proper nutrition and lifestyle - the cornerstones of wellbeing. By correcting these two aspects alone, ailments such as skin rashes, headaches, bloating, digestive issues, lethargy, and poor sleep can be eliminated.

For more serious or debilitating issues, proper nutrition and a healthy lifestyle will allow the body to benefit better from the remedies prescribed and often even reduce the amount of medication required. In fact, it is often unwise, and sometimes even counterproductive, to seek out remedies whether they consist of herbs from traditional Indian or Chinese medicine, supplements from functional medicine or pharmaceutical drugs from allopathic medicine, if nutrition and lifestyle are not addressed first.

Go to [Kalmbach park.com](http://KalmbachPark.com) and [Sign Up](#)

