

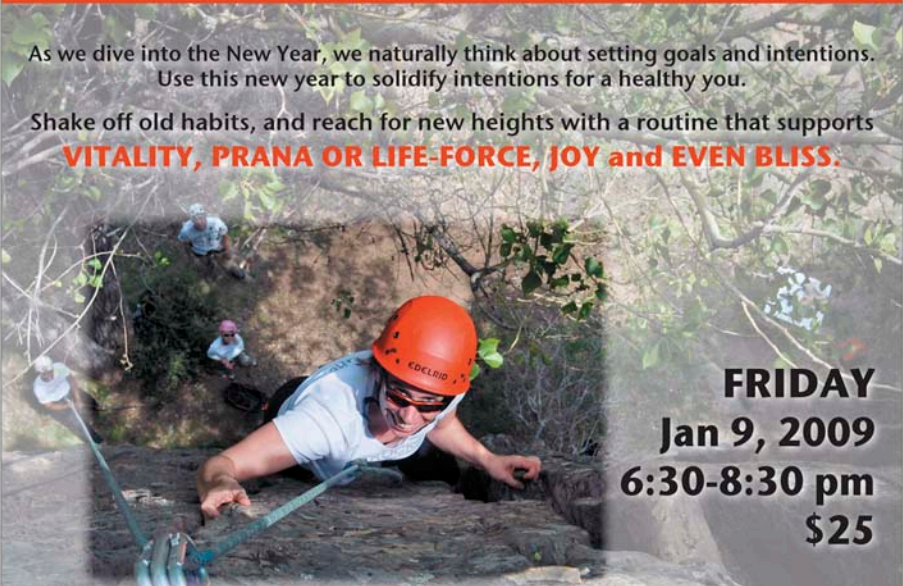
Intention Night!

Set your Ayurvedic Intentions for a Healthy New Year

with Felicia Tomasko

As we dive into the New Year, we naturally think about setting goals and intentions. Use this new year to solidify intentions for a healthy you.

Shake off old habits, and reach for new heights with a routine that supports **VITALITY, PRANA OR LIFE-FORCE, JOY and EVEN BLISS.**

A person wearing an orange helmet and a light blue shirt is rappelling down a rock face. They are smiling and looking towards the camera. The background shows other people rappelling down the same rock face in a wooded area.

FRIDAY
Jan 9, 2009
6:30-8:30 pm
\$25



FELICIA MARIE TOMASKO, RN has been an ongoing student of yoga since 1987 and of Ayurveda since 1993. She is a registered nurse, Ayurvedic practitioner and panchakarma therapist, as well as a yoga teacher, and the Editor-in-chief of LA YOGA Ayurveda and Health Magazine. Felicia is on the board of directors of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine and on the advisory board of the Holistic Option. Felicia weaves together the integrated traditions of Yoga and Ayurveda in her teaching and practice. She believes Ayurveda is the medicinal system that offers the greatest degree of self-empowerment for our own health, an empowerment she strives to communicate to others. Check out her Ayurveda blog at: www.ayurvedafor.dailylife.blogspot.com.

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