

Himalayan Heritage and Creating Health
Atlanta.com present

The Creating Health Workshop

A Mind-Body Medicine Course developed by Dr. Deepak Chopra

Next Workshop Date TBD



This program draws from the 5,000 year old wisdom tradition of India called Ayurveda, which means “knowledge of life.”

Ayurveda looks at the whole person - body, mind and spirit, and teaches how to connect with the healer within.

The course covers topics such as yoga, meditation, breathing exercises, understanding your body type, attuning to nature’s rhythms, Ayurvedic nutrition and using the senses for healing.

- Discover the unlimited potential of the mind in the healing process.
- Bring greater clarity to everything you do.
- Recognize the sources of toxicity in your life and learn how to replace them with nourishing foods, relationships, emotions and environments.
- Reduce stress by responding positively rather than reacting mindlessly.

Taught by Daniel Bastacky, a Chopra-certified instructor
The course fee is \$85, \$75 when paid by October 30,
(materials included)

Pre-registration is recommended, space is limited.



Course Schedule

Workshop

Friday, November 6, 7:00pm – 9:00pm
Saturday November 7, 2:00pm – 4:00pm
Sunday November 8, 2:00pm - 4:00pm

Atlantis Natural Foods

2488 Mt. Vernon Road
Dunwoody 30338

To register call Daniel at 770-270-6800, or email him at dsbastacky@comcast.net