

Greetings and welcome to the season of Autumn,

My name is Kira Roberson I have been a certified yoga teacher for the last 5 years. I am also a certified Ayurvedic Practitioner. Ayurveda is natural medicine from ancient India. Currently I am teaching a beginner level AyurYoga class Wednesdays from 7-8:30 PM. I incorporate some fundamentals of Ayurveda and explain how different postures effect us on an energetic level. I am also teaching a workshop on the subject of “Food as Medicine”. This workshop will include an Ayurvedic approach to healing the body through the use of food. This workshop will be Saturday October 3 from 10 – 1. I also offer individual consultations, please refer to my website for more information,
www.oneworldayurveda.com

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Kira