



Introduction to Ayurvedic Medicine
February 25, 2023
June 24, 2023
October 28, 2023
1:00 pm-3:00 pm

Ayurveda is a holistic healing system that assesses health potential and physiologic imbalances using a body-mind-spirit framework. Treatment plans emphasize regular routines that include diet, lifestyle, and spiritual activities that support circadian alignment, efficient cellular activity, and balanced emotions/mental processing. Herbs and specialized massage techniques are also used. Learn how to augment conventional medical treatment using healthy nutrition, natural herbs, and other healing techniques based on Ayurvedic healing.

Registration Fee: \$40

Offered by: Dawn Marie Jacobson, MD

To read Dawn's Biography: <https://hermitagefarm.org/practitioners/>

To Register/For More Information:

Email a message to drdawn@dawnjacobsonmd.com