



Introduction to Ayurvedic Medicine
March 23, 2024
June 22, 2024
October 26, 2024
9:00 AM-Noon

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: www.hermitagefarm.org

To Register/For More Information:

Email a message to drdawn@dawnjacobsonmd.com