

# Ayurveda for anxiety and insomnia

## Balancing vata in nervous system



**Saturday October 21<sup>st</sup>, 2023**  
**9h00 – 12h30**

*The nervous system is governed by the vata dosha. Doshas are the bioenergetics systems of the body. Vata needs a balance between stability and movement to be effective. Providing vata with stability helps an individual reduce and let go of anxiety, opening the door to more creative intention and perfect health.*

**Join Me in this self discovery Journey**  
**to learn how you will be able to balance vata in the nervous system naturally therefore enhance**  
**and balance the prana or the vital energy force in our body!**

*The session includes yoga therapy and breathing exercises technique to help with anxiety and insomnia.*



*With Bitajian, N.D (certified Naturopath) Ayurvedic Consultant, Ayurvedic Yoga therapist, Ayurvedic Yoga Specialist, Life Force Yoga Practitioner MBSR practitioner and ERYT,500. Bitajian is the director of Transformation Ayurvedic Wellness Center since 2005. She has been leading meditation and retreats in the Quebec region and internationally.*

**Registration fee: 55 .00\$ all Taxes included.**

**Place: transformation Ayurvedic Center**

**To register for more info contact:**

**Call or text:450-671-8508**

**Email: [ayurveda.bitajian@gmail.com](mailto:ayurveda.bitajian@gmail.com)**