



sattvic space

Ayur-Yoga

with Maury Cooke

Tuesdays from 12pm - 1:15pm

Stress & anxiety reduction - learn how to turn our anxiety or stress into a productive part of our lives. Ayurveda says 80% of dis-ease is caused by an imbalance in VATA or stress, anxiety and compromised breathing.



Cost: ♥ Donations appreciated. Your generosity allows us to continue offering these classes to the community.

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