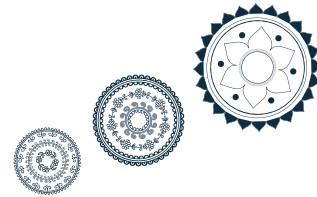


kaia yoga presents
spiritual nutrition



with
*dr. gabriel
cousens*



**unique perspective to yoga, spiritual
nutrition & ayurveda**

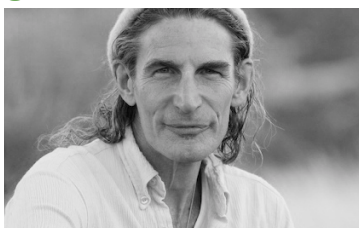
Veganism and Yoga. Discover the link between diet and spirituality as Dr. Gabriel Cousens elucidates on the subtle energy currents present in raw food. Learn how an organic, vegan, low-glycemic, high-mineral, live-food diet can enhance your yoga practice, and how your yoga practice can enhance your meditation. Discover how your dietary choices impact all the koshas, the nadis, and the chakras. Learn the connection between diet and the yamas and niyamas. As a diplomat in Ayurveda, Dr. Cousens has a profound understanding of how to balance the doshas using all raw, living, and vegan foods. The diet of the ancient Rishis can be yours today!

Wednesday, June 9th
7:30pm - 9:30pm

Westport
1200 Post Road East
Westport, CT
(behind crate & barrel)

\$35 pre-registration
\$45 at the door

gabriel cousens



Drawing on 35 years experience as a yoga practitioner, Gabriel Cousens brings a unique perspective to yoga, spiritual nutrition, and ayurveda. Dr. Cousens spent seven years in an Indian Ashram under the guidance of his two gurus, Swamis Muktananda and Prakashananda. At the age of 40 he was declared liberated by both of these great beings. During this time he received inner instruction to “learn to eat and live in a way that will enhance the Kundalini”. Having followed this directive Gabriel has explored and pioneered the field of Live-Food Nutrition, writing such books as Spiritual Nutrition and Conscious Eating. The healing application of his work has been published in his books Depression Free for Life and There Is a Cure for Diabetes. Gabriel is a teacher of jnana, bhakti, karma, nada, laya, and hatha yogas. He is regarded as a kundalini master and facilitates shaktipat meditation for people around the world. Part of his mission is to spread the message of live-food veganism to the global yoga community.
treeoflife.nu



life more pure.

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