

Eating Right for a Healthy and balance Digestion The Ayurvedic approach for perfect health

Saturday October 5th, 2024

9:00-15:00



A healthy digestive system is a cornerstone of well-being and that every disease is believed to arise from inefficient digestion. Food consumed will not provide good health unless it is digested properly. If your digestion is healthy your body can produce healthy tissues. When digestion is weak, the bodily tissues, nerves and organs become weak and susceptible to disease and imbalances.



With Bita Bitajian, N.D., ERYT-500, Ayurvedic Yoga Therapist, Ayurvedic Consultant, Ayurvedic Yoga Specialist, Life Force Yoga Practitioner. Bita is the director of Transformation Yoga and Ayurvedic Wellness Center since 2005. She has been leading meditation and retreats in the Quebec region and internationally. She has been also teaching seminars and training in and around Montreal.

The program includes:

- A brief definition of Ayurvedic principles, 5 elements, 3-doshas (biological nature),
- The digestive fire (agni) and various type of agni, Ama the toxic byproducts of poor digestion.
- Ayurvedic view on digestion
- Approach to two common digestive disorders; IBS and Ulcers
- Ama or toxins and impotence of seasonal cleanse according to the state of your doshas(energies)
- Taste and spices and their effect on our digestion
- Therapeutic Yoga beneficial for our digestive system (breathing exercises, mudra and yoga postures) that restore and promote a healthy digestion according to our unique body type.

Transformation Ayurvedic Center

Registration fee: \$85.00 (taxes included),

Spaces are limited and pre-registration is required.

For more info and registration:

Call or text: 450-671-8508

Email: transformation.yoga.ayurveda@gmail.com