

FREE CLASS!



Exploring Ayurveda A Natural Way of Healing MARCH 29, 2PM

Learn to maintain balance, improve vitality, and resist disease through choices of diet and lifestyle.

Join Dr. Marc Edwards as he explains Ayurvedic notions of human physiology, individual differences, causes of disease and how to become truly healthy.



Dr. Marc Edwards is a retired family physician from West Hartford who has studied and practiced Ayurveda for more than 25 years. He lectures frequently on Ayurveda throughout the region.

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