



*Spices, Sprouts & Self-Care*

**Ayurvedic Wisdom for improved vitality**

Four Sundays, 3:00 - 4:30 pm

**April 11, 18, 25, May 2nd**

With Yogi Deirdre Breen, The Dosha Coach

Vitality fee: \$60, payable via Venmo and Paypal  
Visit [www.deirdrebreen.info](http://www.deirdrebreen.info) for more details

