



SELF-CARE IS HEALTHCARE

WITH MEGAN MCCARVER

Learn and integrate self-care for health care, transform your lives as well as prevent, relieve or manage symptoms with yoga therapy. Self-care is the heart of all healthcare. This is a 3-week journey that will last you a lifetime! To take care of others, we must pay attention to our own well-being. If you make self-care one of your daily achievable goals, you will feel and function better in all your relationships with others.

Benefits: Affordable, no side effects, personalized to your genuine needs and self-care is standing up for yourself and standing up for the environment.



WEEK ONE

January 6th, 9:00 -11:00 am:
Lecture about morning practices | One-mile walk with yoga stretches | Self-reflection exercise | Meditation instruction | Tea and conversations

WEEK TWO

January 13th, 9:00 -11:00 am:
Check in Lecture about evening practices | One-mile walk with yoga stretches | Gratitude Journal | Meditation Practice | Tea and conversations

WEEK THREE

January 20th, 9:00 - noon:
Cooking class including a meal, Tea, and conversations

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Space is limited. Fee is \$108.00
RSVP with Megan McCarver

call 949-280-9968

www.MeganMcCarver.com

at the Ayurvedic Garage SJC