

# A special presentation at Fitness 19

Saturday, March 15 10am-11am

## Ayurveda and Yoga

SCIENCE OF HEALTH  
SCIENCE OF PREVENTION  
AND WAY OF LIFE

Learn how this ancient holistic, comprehensive and person centered health system helps us to live life to full human potential



This is a FREE event at Fitness 19 Farmington. Please sign up at the front desk in advance to reserve your seat.

Fitness 19 23296 Farmington Rd. Farmington, MI 48335

### Speakers

Dr. Beena Vesikar (Ayurvedic Physician)

Founder - Beayurvedic wellness Center, Farmington [beayurvedic.com](http://beayurvedic.com)

Matvey Troitsky of Vega Creations- Yoga/Meditation teacher RYT-  
Farmington, Ann Arbor