



Ayurveda considers an easy, painless menstrual cycle that's three days long and symptom-free to be normal. Join Jennifer to learn important tools that may help you make that possible. Bring a notepad and your questions. You'll walk away with a new perspective on your period, some free downloads and hope for better health.

Online Talk

Tired of PMS, mood swings, low back ache and painful periods?

Join Chattanooga Ayurveda & Peace. Strength. Yoga for a virtual workshop on the menstrual cycle. Learn Āyurveda fundamentals, what to eat throughout the month plus holistic practices for your period.

Sunday, September 26
12:30-2:30pm ET (ONLINE ONLY)
Suggested Donation: \$35
Register: <https://bit.ly/3yyVJI6>

Chattanooga Ayurveda

Holistic support for all health conditions including digestive issues, women's health, sleep, energy, weight loss and more.



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