

PREPARING FOR THE SPRING SEASONAL JUNCTURE

A Workshop on Ayurveda with Rebecca Dietzel

The seasonal juncture is the two week time period marking the transition from one season to the next. According to Ayurveda, the seasonal juncture is a time when our bodies become more vulnerable as our environment is in a state of change.

Topics Covered in this Workshop:

- The elemental characteristics of Spring and the challenge they present to maintaining health and balance
- Practical strategies that enhance physical and mental well-being during the change of season
- Food choices that support health during the Spring season
- Physical activities and other practices that support health and well-being during the Spring season

Rebecca Dietzel M.S. is an Ayurvedic practitioner in the tradition of the Wise Earth School. She studied Ayurveda and the Vedic Tradition under the tutelage of Swamini Mayatitananda (formerly Bri Maya Tiwari). She is also certified as an Ayurvedic Practitioner by the AYU Ayurvedic Academy.

In the Western sciences, Rebecca is an anatomist who specializes in biochemistry. She received her Master of Science from Columbia University's Institute of Human Nutrition.

She maintains private practices in New York City and Vermont teaching anatomy, physical re-education and nutrition. Rebecca is the nutrition consultant for Canada's National Ballet School, and co-author of [A Dancer's Guide to Healthy Eating](#).

Sunday March 8, 2015

11:00 am – 1:00 pm

Noho Pilates Studio

611 Broadway, Suite 608

(Just north of Houston Street)

Workshop Fee: \$60

**To Register: Call Rebecca at
718.383.3092**