



BODHI  
AYURVEDA

## UPLIFTING YOUR FACE AND SPIRIT WITH MARMA

Marma therapy is a beautiful gift passed down to us by the ancient rishis of India. Marma Therapy enhances the flow of energy through subtle energy points located on the face and body.



### AT THE END OF THE WORKSHOP, YOU'LL HAVE THESE BENEFITS



#### QUICK PROCESS

This practice takes only 10 minutes!



#### BENEFITS

Understand the benefits of Marma Therapy to your face, your body and spirit



#### VISIBLE PROOF

See and feel the benefits from just one treatment



#### REFER BACK

Lifelong access to the recording and PDF Reference Guide

**MARCH 15, 2025**  
**1 - 2:30 PM CST**

Carol will be leading this workshop from Asheville, NC. You can attend live either online from home or at the Garden of Yoga Studio.  
[www.bodhi-ayurveda.com](http://www.bodhi-ayurveda.com)

**PROCEEDS FROM THE WORKSHOP WILL SUPPORT THE GARDEN OF  
YOGA'S 2025 FUNDRAISING CAMPAIGN**

**SUGGESTED DONATION \$10-\$25**

To register email [yogakmw@gmail.com](mailto:yogakmw@gmail.com) or text 708 989 1329  
Payment: Venmo: @yogakmw Zelle: 815-429-3103  
Paypal friends and family: [yogakmw@gmail.com](mailto:yogakmw@gmail.com)  
By check: contact Kathleen Wright