

# **PREPARING FOR THE WINTER SEASONAL JUNCTURE**

## **A WORKSHOP ON AYURVEDA WITH REBECCA DIETZEL**

**SUNDAY, NOVEMBER 8, 2015 11:00AM - 1:00 PM**

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 effect of the juncture on our health
- The effect of the Winter season on our health
- How to prepare for both the Winter juncture and the season
- Practical strategies for choosing foods, physical activities, and other practices that will enhance physical and mental well-being during the change of season

To Register:  
Call Rebecca at **718.383.3092**  
Workshop fee: \$60

Location:  
Noho Pilates Studio  
611 Broadway, Suite 608  
(just north of Houston Street)  
New York, NY

---

**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. She is also certified as an Ayurvedic Practitioner by the AYU Ayurvedic Academy.

In the Western sciences, Rebecca is an anatomist and biochemist. 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, co-creator of the BE CALM protocol, and co-author of *A Dancer's Guide to Healthy Eating*.