

# FERTILITY & AYURVEDA

September 16th, 2015  
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Join Myra Lewin and Dr. Vrinda Devani as they discuss fertility through the beautiful lenses of Ayurveda. They will share a basic overview of Ayurveda before they dive into its application in the world of fertility, including traditional preparatory cleansing and rejuvenation techniques. In addition to herbal support, Ayurveda has a beautiful science behind diet and lifestyle, which are also central to Ayurvedic fertility. Learn about all of these concepts and more on **September 16, 2015**.

*“Health is not something that happens to us – health happens through us. Health happens in our kitchens, on our yoga mats, in our meditation practice. Health happens when we step into our true selves, walk away from our attachments to high-powered jobs, titles and physical objects. Health happens when we embrace our responsibility to be our own healers and become fully in charge of what happens to us every day. Health happens when we love ourselves and our lives.”*

– Myra Lewin



## Vrinda Devani, M.D.

As a board-certified Obstetrician and Gynecologist, Vrinda Devani, MD has a passion for women's health and empowering all, men and women, alike, towards vibrant health and living. She is a believer in unfolding the human body's potential through a blend of complementary and allopathic medicine. She has been extremely fortunate to study Ayurveda

extensively under Dr. Vasant Lad and further her studies in Ayurvedic women's health with travels in Nepal with Dr. Sarita Shrestha. In addition to being a physician and certified Ayurvedic practitioner, she also has a love for yoga and is a certified AyurYoga teacher. She enjoys every moment as a writer and Director of Research for **Banyan Botanicals**, a premier Ayurveda lifestyle company, and loves to serve her clients in her **Ayurveda practice** in the sweet town of Lubbock, TX. She is married to an incredibly supportive husband and is surrounded by family who are all also Ayurveda enthusiasts.



## Myra Lewin

Myra Lewin began studying, teaching and living Ayurveda more than two decades ago. Her holistic approach recognizes the root cause of symptoms and provides simple solutions to yield long-term results.

Myra's journey with Ayurveda and Yoga began as she looked for ways to heal her own health. In the process of healing her body, she also healed her life. Myra has studied with the most prominent Ayurvedic practitioners and has supported thousands of people around the world to take control of their own health with Ayurveda.

Currently, Myra resides on the breathtaking island of **Kaua'i** in Hawaii where she continues her work as an Ayurvedic practitioner and educator and Yoga teacher trainer. She has authored two **Ayurvedic health books**, offers international **Yoga Teacher Trainings**, **retreats** and **workshops** in Ayurveda and Yoga. She distills the vast science of these vast traditions into practical, everyday tips that you can apply today to feel better tomorrow.