

Ayurveda Workshop

Ayurveda and Sex: How To Stoke The Fires!

Monday, May 13th, 2019

6:00pm – 7:30pm

Center for Integrative Medicine Classroom

\$10.00

Having a healthy libido is vital to a happy life.

A robust libido is not just great for sex; it plays an important role in our mental health, fuels creativity, and passion and can make us feel younger and more alive, even in our later years.



There are a number of lifestyle factors that affect the libido, and many of the choices you make on a daily basis either stoke the fire or douse the flames.

Come learn safe, effective and natural ways to increase your libido with Kerry Harling, Ayurveda Practitioner.