

# Star-Telegram

Fort Worth Star-Telegram (TX)  
as provided by The McClatchy Company  
October 17, 2011

## Ayurveda expert Juliet Jivanti to lead yoga workshops in North Texas

Yoga workshops Juliet Jivanti, an expert on ayurveda, the ancient healing practice from India, will be in the Fort Worth area soon to do some ayurvedic yoga workshops. Jivanti, who has a DVD titled Ayurvedic Yoga: Yoga for Your Body Type (get it on Amazon.com ), will lead the following classes, all of which require preregistration. For each, there is a suggested donation of \$5-\$20. Ayurvedic Tips for Graceful Aging, 6 p.m. Oct. 27, Aledo Yoga Studio in Aldeo. Register: [www.aledoyoga.com](http://www.aledoyoga.com). Ayurvedic Tips for Women's Health, 6 p.m. Oct. 28, Urban Yoga, Fort Worth. Register: [urbanyogafw.com](http://urbanyogafw.com). Simple Ayuervedic Tips To Improve Your Health, 6 p.m. Nov. 1, Vitality Yoga, Granbury. Register: [vitalityyoganow.com](http://vitalityyoganow.com) .--  
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