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**Free Webinar:**

Join Lorene Sauro, RHN as she hosts:

**Healing The Body With Sound with Kendra Irvine**

Create harmony in the body using the timeless wisdom of Ayurveda, Sound Therapy, and the 3 Doshas.

Tuesday, June 22, 8:00 pm ET/5:00 pm PT

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Did you know you can change your body's physiology simply by the sounds you hear and the words you speak?

Yes! Our bodies not only absorb nutrition through food, they also get nourished by things like a powerful conversation, listening to live music at a cafe, and hearing the voice of Morgan Freeman as he narrates a movie.

In this webinar, we will be discussing how the timeless wisdom of Ayurveda - the world's oldest healthcare system - can help each of the 3 basic body/mind types interpret sound to create healing and manifest more work-life flow.

Join us to find out about your body type, what sounds nourish and cause dis-ease, and get a few simple tips to make your life that much more harmonious. Not many people have access to this system yet.

Kendra Irvine is an Ayurvedic Health Counsellor, Certified Wellness Coach, Professional Kinesiologist, and founder of Living Light Ayurveda. She guides high-performing women to better eating, sleeping, and energy for their unique body types. She has been in the wellness industry for 21 years and has been practicing the concepts of Ayurvedic Medicine for 6 years. Kendra has written for Wellness News, American Magazine “The Zoe Report”, Sharp Women Magazine, Your Holistic Earth, the Red Deer Advocate' she has been featured on multiple wellness panels, summits, and podcasts, and was a 2020 nominee for the “Up and Comer” award through Business from the Heart for her signature approach to preventative healthcare.

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