

# Easy Healing Drinks from the Wisdom of Ayurveda

Delicious and Nourishing Recipes for All Seasons



AMADEA MORNINGSTAR, Photography by RENEE LYNN

WONDERFUL BOOK!  
Dr. Vasant Lad, MASc, Ayurvedic Physician

## SATURDAY, DEC 1<sup>ST</sup>

### 2:00-4:00

**LOCATION: 4604 Corrales Road**

**MAKE AYURVEDA & YOGA PART OF YOUR HOLIDAY**

**Delicious Book Signing Event with Amadea Morningstar**

Stop in anytime and sample delicious and nutritious Ayurveda beverages, book signing, demonstration and Ayurveda information.



Great Holiday Gift

New Mexico's own  
Amadea Morningstar

Your Hosts:  
Saumya Ayurveda  
&  
Wake Me Up Yoga

Delicious Book Signing

Drop In for a Moment  
or Stay for the  
Afternoon

**EVENT LOCATION:  
WAKE ME UP YOGA**

4604 Corrales Road  
Corrales, NM 87048

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612.743.4289

[Amadeamorningstar.net](http://Amadeamorningstar.net)  
[saumya-ayurveda.com](http://saumya-ayurveda.com)

[wakemeupyoga.com](http://wakemeupyoga.com)