

**BAMBU SALON** celebrates the arrival of ayurveda & yoga classes w/ **PIERRE COUVILLION**  
E-RYT 500 yoga alliance teacher trainer ॐ ayurvedic health practitioner ॐ massage & bodywork instructor

BAMBU SALON 916 E. Westfield Ave. in Broad Ripple, Indianapolis



## AYURVEDA YOGA CLASSES

80 minute sessions include yoga postures, breathwork and ayurvedic tools for wellness:  
nasya - medicated oil for the nervous system; abhyanga - learning self-oil massage;  
dosha - finding my body type and appropriate foods and lifestyle

Drop-In Classes Mondays @ 6pm (\$15) topics change weekly  
Enrollment Classes Tuesdays @ 7am (5 weeks pre-paid \$70) the morning practice  
view current schedule - register - more info @

**EVOLUTIONYOGA.ORG**/**AYURVEDAYOGA**



Welcome! I am Pierre Couvillion. I teach practical, simple tools for healing and for joyful living. After 20 years of studying and teaching in the West, I return to my native Broad Ripple to offer classes and individual sessions.

Learn more about me at [evolutionyoga.org](http://evolutionyoga.org)

Please do pass along the information about these classes to your dear ones. It is our goal to create a growing, vibrant wellness center with professional training programs within the coming year.

Contact me with any questions at 619.723.0137 or [pierre@evolutionyoga.org](mailto:pierre@evolutionyoga.org)

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