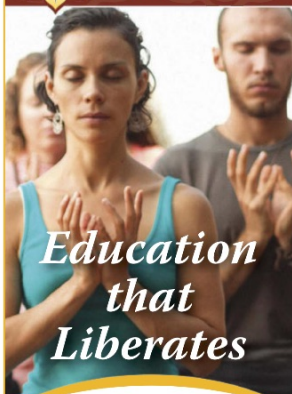




MOUNT MADONNA  
INSTITUTE



## Education that Liberates

### AYURVEDA

CERTIFICATE-AYURVEDIC PRACTITIONER

Begins April 6, 2018

HEALING WITH AYURVEDA

April 20-22, 2018

### YOGA

YOGA TEACHER TRAINING

300 hour Modular week-long series

Begins May 6, 2018

200 hour summer intensive

June 14 - July 13, 2018

LIBERATION YOGA RETREAT

July 4-8, 2018

### COMMUNITY

YOGA SERVICE LEARNING

3 month residential program

June 12 to August 26, 2018

### APPLY AT

[MountMadonnaInstitute.org](http://MountMadonnaInstitute.org)

Ayurveda: 408.846.4060

Yoga: 408.846.4095

Located in the redwoods overlooking  
Monterey Bay near Santa Cruz, CA

## THE MUST LIST

LIVE WELL



5



6



7

#### 5 SUPPLEMENT

**Flora Elderberry Crystals**

Protect your health during air travel—or at the first sign of any sniffles—with this immune booster. Research shows that elderberry can help reduce the duration and intensity of cold symptoms. Pack these organic dry crystals in your carry-on and dissolve in water or juice when you need them ([\\$35. florahealth.com](http://$35.florahealth.com)).

#### 6 JOURNAL

**Compendium Write Now Journal**

Your inner work companion: Compendium's yoga-centric journal is the perfect size to slip into your travel bag and features beautiful quotes and nature-inspired illustrations to spark creativity. Use it as a travel log and to record post-meditation musings (\$7, [live-inspired.com](http://live-inspired.com)).

#### 7 ACCESSORY

**Bantu Project Zulu Bangles**

Pack a statement piece for your next trip. Each Bantu Project beaded bracelet (*bantu* is the Zulu word for "people") is designed and hand-made by female artisans in Central or Southern Africa. Founder Haley Schwalm, a native of South Africa, created the company to help reverse the marginalization of women by offering them a means of fair income (\$20 each, [bantuproject.com](http://bantuproject.com)). ■