



FACE READING IN AYURVEDA

with Jaisri Lambert, Ayurveda Doctor (NAMA)

Discover Discover What
Your Face Reveals
About Your Inner Health



Your face is a mirror for your body.

Learn to see the markings, lines, and colorations that reflect your physical and emotional well-being.

This interactive, free session offers practical tools from Ayurveda, to help you understand your constitution and balance.

Bring your small mirror, notebook and a friend!

[Register early at hello@reflectionsbooks.ca](mailto:hello@reflectionsbooks.ca)



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Investment: FREE
Sunday, Nov 16, 2025
2-3:30 pm