

Ayurvedic Wellness Consultations

Ayurveda is an ancient healing tradition. It is the science of living a balanced, fulfilling and creative life. It is the art of living in harmony with the laws of nature.

It is said that when we restore balance we are happy in our minds, healthy in our bodies and satisfied in our lives.

Wellness Counseling

Wellness counseling is a resource and an opportunity to:

- * Get in touch with your innate intelligence & wisdom
- * Cultivate mental and emotional clarity
- * Create a personalized plan of action
- * Develop an enduring sense of health and well-being.

The Modern Ayurvedic Approach to Wellness

This modern Ayurvedic counseling approach blends ancient eastern wisdom and modern western knowledge to promote and nourish well-being, prevention and rejuvenation.

Ayurveda complements the best practices of advanced western medicine without interference. It is a way to prevent disease and optimize health by identifying the root causes of imbalance, and preventing symptoms before they become chronic health issues.

The Ayurvedic wellness counselor is your personal guide to finding physical and mental balance. By first identifying your unique constitution and understanding your needs, concerns and stresses, the Ayurvedic wellness counselor is able to encourage personal reflection and design a realistic individualized program.

“Weave and reweave the tapestry of your life so that it becomes bigger, more productive, more joyful, more fulfilling. Use resources within you and outside of yourself...”

Pandit Rajmani Tigunait