Yoga & Ayurveda Wellness Journey

ancient wisdom for wellness
Yoga Therapy Clinic

Wellness Discovery Phase
$345

Phase 1
Physical
Discuss physical ailments, lifestyle and diet that need resolving

Recommend 3-5 Ayurvedic principle to bring harmony to body's bio rhythm

Phase 2
Energy
Carry out yogic assessment to understand your energy body

Recommend 3-5 yogic practices to bring ease to mind, body and emotions

Phase 3
Mind
Discuss belief's and thought patterns that are preventing you to feel at ease

Recommend yogic & mindfulness practices to reprogramme neural pathways

Next step
Once you have some basic home practices we can get specific on what you next journey looks like

- **Individualised Programme** — Between 6- 16 weeks depending on your health requirements and expected outcomes
- **Massage Treatments** — Ayurvedic massages designed to treat many mental and physical ailments.
- **Shadow Programme** — Yogic Psychology to resolve lingering mental & emotional patterns that prevents us from being at ease and harmony
- **Inner Pharmacy Course** — Wellness Course, based on the ancient habits of the yogi's for vitality, clarity and ease

Health is the state of the mind .....Wellness is the state of the soul !

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