Yoga & Ayurveda Wellness Journey

ancient wisdom for wellness
Yoga Therapy Clinic

Wellness Discovery Phase $425

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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