



The Yoma Room, Center for Wellness presents...

Authentic Ayurveda Services

Dr Lina Thakar, Ayurveda Practitioner
Ayurveda Consultations

Ayurveda is an integrated mind-body wellness program for restoration of health and imbalance prevention.

January 6, 2010 February 3, 2010 March 3, 2010

11:00 am, 12:00 pm and 1:00 pm

During one hour private consultations Dr. Lina will guide you to identify and understand your personal Doshas (Prakriti) and Ayurvedic mind-body type which is the foundation for developing your Ayurvedic program. Develop a personalized program of daily regimen utilizing Ayurvedic diet and lifestyle changes and detoxification therapies that support optimal mind-body wellness, improve your health, balance and restore your entire being. Advice on body type yoga postures along with meditation.

1 hour private consultation: \$125.00

Follow up consultations every 3 months to accommodate seasonal changes and tips: 50 min \$65.00



For further info or to book your consult:
The Yoma Room, Center for Wellness

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