

AYURVEDA LIFESTYLE COACHING

Spring 2019

MOVE:

Yoga. Dance. Walk (outside!). Sweat.

*Private yoga sessions and
yoga classes at Tapestry.*

BREATHE:

Equal Ratio Breathing
Inhale through nose to count of 4.
Exhale through nose to count of 4.
10 times.

SLEEP:

Bed before 10 pm to sleep through the night.
Wake before 6 am to feel energized for the day.

Live with nature. Ayurveda Lifestyle Coaching.

Eat:

Only when hungry! Add spices.
All vegetables. Apples. Pears. Raisins. Liquid-spicy soups.
Less dairy (especially in the AM). Think "light, warm, spicy."
It is the perfect time for a cleanse.

Schedule a personalized Ayurveda Cleanse.

Aromatherapy:

Eucalyptus (diffuse especially at bedtime). Citrus oils.
Ginger. Patchouli. Bergamot.
Think "energizing".

Young Living essential oils at Tapestry Healing Arts Center.



16 East Water Street, Troy, OH 45373 * www.TapestryHealingArtsCenter.com * 937-216-3831

Ayurveda services: Personalized Cleanse * Personal Assessment * 6 weeks Lifestyle Coaching * Seasonal Coaching