# AYURVEDA LIFESTYLE COACHING

# **Spring 2019**

### **MOVE:**

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

Private yoga sessions and yoga classes at Tapestry.

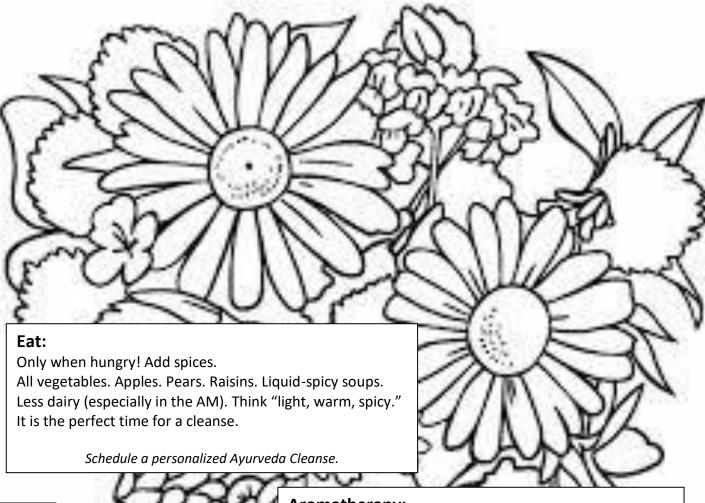
#### **BREATHE:**

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.



# **Aromatherapy:**

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

Young Living essential oils at Tapestry Healing Arts Center.



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