

# "Ayurveda For Modern Age"

*In the modern age, we are often confused about eating right, maintaining weight, being fit, and not sure how to be a healthier version of ourselves.*

*In the past decade, many diets have become a trend but most of these are either restrictive or unsustainable for a long time.*

*Unlike most of these trendy diets, Ayurveda helps you understand what is natural for your body and mind. It teaches you to be intuitive in your choices and guides you to be fluid with your life.*

*Join me to learn how to lead an  
Ayurvedic life in Modern Day.*

*@Vedically\_Vara*

# **What is Included?**

**12.5 hours of Live Masterclass**

**2 Separate live Q & A sessions**

**Course Material & worksheets**

**Access to Private Whatsapp Group**

**15-day Ayurvedic Living Challenge**

**Access to course recording for 6 months**

**Participation Certificate**

**BONUS: Healing recipes, Ayurvedic lifestyle practices, links to further reading and podcasts, and more!**

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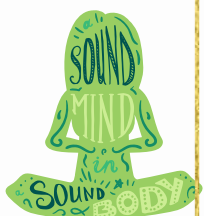
## **Week 1 - Understand your Unique self**

- Learn about the uniqueness of being you in the Ayurvedic language.
- Learn to identify the signs of balance & imbalance in your body.
- Learn how to be intuitive in everyday choices.

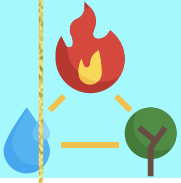


**Takeaway: Identify your Dosha prakruthi and master your unique self**

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## **Week 2 - Ayurveda in real life**

- Learn how to apply these concepts in real life. How to adapt your lifestyle to suit your prakruthi.
- Create a balance by including practices that flow with your lifestyle.
- Practical tips to incorporate Ayurveda in modern day living.

**Takeaway:** Applying simple and quick practices in day to day life to find balance.

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## **Week 3 - Tap into your Conscious**

- Learn how the mind and emotions play a vital role in your health.
- Learn about the qualities & doshas of Mind.
- Dive into ayurvedic diet & practices to enhance your emotional well-being.



**Takeaway:** Learn how to be emotionally healthy. Identifying the causes for imbalance and the practices to keep them in balance

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## **Week 4 - Nourish & Sustain**



- Learn how to eat optimally to nourish your Prana.
- Food that nourishes our prana gives rise to Ojas that sustains life.
- Best diet & practices to boost your jataragni.

**Takeaway:** Master the art of eating well to nourish & sustain your body!



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## **Week 5 – Ayurvedic cooking**

- Learn how to cook ayurvedically and make simple meals that suit your Prakruthi.
- Learn Why, how and when of Ayurvedic cooking.
- Peek into my kitchen - Cooking class detailing spices and how to make a power-packed meal with six tastes.

Takeaway: Practical kitchen tricks to cook healthy meals. Learn how to use spices to enhance well-being.

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# **Ayurveda For Modern Age**

## **When**

- **Week 1 - February 20th**
- **Week 2 - February 27th**
- **Week 3 - March 6th**
- **Week 4 - March 13th**
- **Week 5 - March 27th**

**Early Bird Savings – Use 'MODERN' for 15£ off. Applies to the first 10 bookings only!**

**Book Now**



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