



Geeta Vara **AYURVEDA**

Wellness with Ayurveda
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Ayurveda - Complete Wellness System

- Science of life
- Sister science of yoga
- 5000-year-old system of medicine
- Preventative/Curative
- Personalised to the individual
- Treats the root cause not just symptoms
- Healing through diet, lifestyle, herbs, treatments and cleansing processes
- Spirituality meets science





360° Wellness

- Sleep and rest
- Diet and nutrition
- Exercise and movement
- Mind and emotions
- Environment and relationship

Winter Wellness Tips



- Hot cooked, nourishing foods
- Not a time for detox!



- Make lunch the main meal of the day
- Portion control & conscious eating



- Early to bed – warm spiced milk/foot massage
- Regular sleep & waking times



- Commit to daily routine & rituals
- Sun exposure & outdoor time

Ayurvedic Simple Self Care

- Take care of your 5 senses
- Breathing exercises
- Fresh air
- Magic in movement
- Plenty of rest
- Meditation is medication
- Hydrate not caffeinate
- Social & solo time
- Self esteem – attitude of gratitude
- Steam/sauna & warm oil massage/dry brushing





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