



Ayurveda wellness- Food, Sleep and Lifestyle

Date: 2017-10-14/15

Place: Lewa Kroppsterapi,

Ringvägen 107, Skanstull

Price: 1400 sek

Welcome to an inspiring weekend with Dr Sangeeta Balaprakash and learn the basics of ayurveda, the 5000 yr old wisdom of LIFE. According to ayurveda wrong food, wrong lifestyle and wrong thoughts contribute to illness and bad health. Finding the right balance in life is very important for our wellbeing. During this weekend course all the important aspects of life are covered:

- **Introduction to Ayurveda** – Health according to ayurveda, the different doshas and body types.
- **Spiritual wellbeing** – According to ayurveda Happiness is health. We can only be happy if we believe in ourselves. Learn how by being rooted in your true self. Not only do this lead to happiness but you can also better overcome emotional and physical challenges.
- **Emotional wellbeing** – learn the concept of mind, its functioning and imbalances. Tools to overcome emotional challenges and handle stress.
- **Physical wellbeing** – better understanding of which food, lifestyle and sleep that suits your dosha type. Learn how to do home remedies and simple detox before seasonal transition.

You don't need any previous knowledge about Ayurveda in order to participate in this course. Limited number of seats.

This week-end course is mandatory for everyone who wish to participate in the following shorter courses held by Dr. Sangeeta Balaprakash. The themes for these courses will vary according to season and request. Next course coming up is on Women's health, including menstruation, pregnancy and menopause.