



Visit our website for more information about our wellness centre
www.ayurvedaclinicandspicespa.com

a day just for women

an introduction to women's health and wellness through
ayurveda principles

Join us in a day of exploration and knowledge that will include,
meditation, nutrition, cleansing and rejuvenation practises for
women of all ages.

This is an introduction to the feminine self and there are more intensive women's programmes to follow. You will gain knowledge about your individual body constitution (Dosha) and how to prepare simple and appropriate healing regimes, specifically for women.

You will be introduced to nutrition, breath and sound the unique practices of Ayurveda.

You will learn some of the earth based wisdom therapies for women that will help you live everyday in wisdom and well being.

You will learn to mix ancient recipes that you can do at home to continue your practices

Ayurveda (The Science of Life) provides a unique way for women to connect with their femininity and is ideal for healing and empowering body, spirit, and mind.

A women's first commitment is to inner harmony you will learn to do this and help others to achieve the same

The Programme Will Include :-

- Movement
- Breath
- Sound
- Visualisations
- Nutrition
- Body Type Analysis
- Journal Work
- Preparing Ancient recipes

This workshop will encourage you to connect with your feminine power and create joy and positive experiences in your daily life.

Call our booking line – Tel: 01925 652435

