



WISE . AYURVEDA

A Day of PsychoVeda

Visit our website for more information about the PsychoVeda Centre UK
www.ayurvedaclinicandspicespa.com

18th Sept 2010 . 10 am – 5 pm. An introduction to PsychoVeda integrating the contemporary art of psychotherapy with the ancient science of Ayurveda, a unique way to increase your client satisfaction and personal practice

Linda is best selling author of 3 books, she has a Masters Degree in Psychotherapy & Healing Practice, is a qualified Ayurvedic Practitioner and creator of the PsychoVeda concept & programme

PsychoVeda is motivated by the complete integration of the immense but fairly contemporary view of the mind, emotions and psyche and how this performs in our lives. With the ancient view of mankind being connected to the universe and its attention to how our bodies respond to the elements contained in all living things. How can one be separate from the other?

You will be fascinated by working with the elements and doshas and be able to understand new ways to motivate, encourage and sympathise with yourself and clients, who will also benefit and gain a deeper understanding of themselves

From a purely psychotherapeutic viewpoint we know that human babies strive on the sense of 'touch' as adults we are encouraged to keep our distance. Ayurveda tells us that we cannot function without our connection to the senses and the participation of universal elements.

Depending upon our body type, certain kinds of foods are more useful than others; so are certain sounds, textures, colours, smells, activity and all the things that come into our lives.

We react physically and emotionally to the changing seasons. When we live, eat and do things that go against the best interest of our dosha we are actively damaging our minds and bodies.

Learn to help yourself and your clients by introducing these concepts in your practice

The Programme Will Include :-

- Introduction to body types (doshas)
- Introduction Nutrition
- Introduction to Meditation
- Approaches to mindful awareness (Sadhana)

Working and understanding these principles

- Introduction to the energetics of food and spices
 - Introduction to the seasons of Ayurveda and their effect of health and wellbeing
- Cost £95, includes 2 of Linda's books.
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Learn to understand the concepts of PsychoVeda and help your self and clients to create health and wellbeing on a daily basis.

Call our booking line – Tel: 01925 652435

Email us – lbretherton@btconnect.com

