

Wellness at work (Sample)

Create the Perfect Work-Life Balance - Introduction to Ayurveda
Increase Energy by Eating Right for your Body Type
Secrets of Ayurvedic Stress Management
Awaken the Mind, The path to Mental Clarity
Create Natural Immunity

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AYURVEDA

Create the Perfect Work-Life Balance - Introduction to Ayurveda

Learn a little about the history & philosophy of ayurveda, the basic principles of Ayurveda and how Ayurveda personalises healthcare based on your unique mind-body constitution. Learn personalised tips to stay in balance for your body

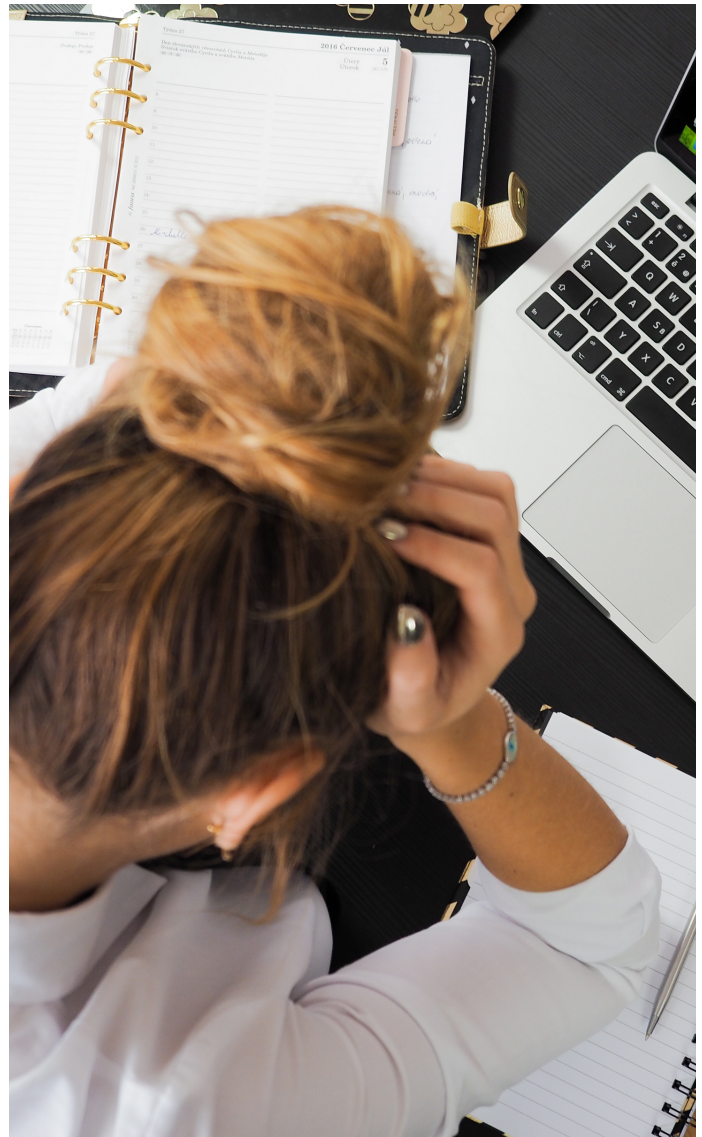


Increase Energy by Eating Right for your Body Type

One size does not fit all and nutrition and gut health is at the root of our wellbeing. Learn about the ayurvedic conscious eating habits, the impact of good and bad digestion. Many foods and habits can zap our energy, learn how to create healthful habits that have stood the test of time.

Secrets of Ayurvedic Stress Management

What causes stress and how does it affect the mind and body? Learn practical tools to manage stress at work and home. Understand the breadth of tools available to manage stress and quieten the mind



Awaken the Mind, The path to Mental Clarity

Mental clarity and feelings of positivity will naturally lead to increased focus, concentration and productivity at work. Learn exercises and lifestyle tips to free your mind, herbal options to lend support to those brain fog days. Foods that fuel a healthy mind and herbs to create a clear mind.

Create Natural Immunity

What is immunity and how are we depleting our immune response. Our lifestyle habits, diet, nutrition and digestion have an intrinsic relationship with our immunity. Ayurveda focuses on strengthening our core resistance. What are the early signs of a compromised immunity and how can we increase our resistance in a toxic environment?