

Discover the wisdom of your true nature.



Empowering, effective, and natural, Ayurveda offers age-old wisdom made relevant to contemporary life.

For your body: Explore mindful eating, boost digestion, and cultivate healthy habits.

For your mind: Reduce stress, ease restless thoughts, and support mental clarity.

For your spirit: Honor intuition, encourage self-acceptance, and promote deep peace.

Kripalu Ayurvedic Consultations include individualized diet and lifestyle recommendations to restore balance and harmonize with the rhythms of nature.

The Kripalu Center for Yoga & Health certifies Ayurvedic Health Counselors at the 650-hour level. For more information, visit [kripalu.org/ksa](https://www.kripalu.org/ksa).