Kripalu Ayurvedic Consultations
Diet and lifestyle tools for health and well-being.

For your body . . .
• Maintain health with personal diet recommendations
• Explore mindful eating techniques to boost digestion
• Cultivate healthy habits with daily Ayurvedic self-care techniques

For your mind . . .
• Create a personal daily self-care regime (dinacharya)
• Reduce stress with simple Ayurvedic lifestyle tips
• Calm restless thoughts
• Support mental clarity and confidence

For your spirit . . .
• Honor inner wisdom
• Encourage self-acceptance
• Invite deep peace

What to expect in a Kripalu Ayurvedic Consultation . . .
The goal of an Ayurvedic consultation is to help the client find effective ways to restore balance and reestablish calm, while harmonizing with the rhythms of nature. Support your overall health using tools from the Ayurvedic system, including diet and lifestyle recommendations, and a daily self-care regime for your personal constitution (dosha).

Kripalu Center for Yoga & Health certifies Ayurvedic Health Counselors at the 650-hour level.

For more information, visit kripalu.org/ksya

Try an Ayurvedic consultation today!