



AYURVED & YOGA INSTITUTE



“Try Ayurveda – It works better”

Ayurveda is a comprehensive medical with a history more than 5000 years. Ayurveda is basis from Chinese as well as classical modern medicine. Ayurveda means ‘science of life’ and is considered oldest surviving medical treatment system in the world. It is complete ‘science based medicine’ and not ‘medicine based science’. It incorporates scientific principles, guidelines and protocols in diagnostic, applied pharmacology and medicine.

It provides treatment and health restoration in even the complex diseases like cancer. Ayurveda expands itself from treatments to lifestyle, diet and yoga.

The programs of Ayurved and Yoga Institute are beneficial, informative to maintain and restore the health and manage lifestyle related conditions like diabetes, stress etc. These programs provide an insight to ayurvedic lifestyle, diet, yoga and therapies.

DIY - Stress Management program- Ayurveda

DURATION - 1 Day

LOCATON: Enquire for your nearest location

Program structure

1. Introduction and Goal
2. Ayurvedic perspective of Stress- Satva
3. Stress how and why it happens
4. Prevent complications
5. How can Ayurveda Help?
6. Lifestyle guidelines
7. Yoga workshop
8. Kitchen herbs and herbal preparations





For more details contact us on

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Visit our website

www.aayi.com.au