

Ayurveda Ayurveda
is an ancient system of Natural Healing founded
and practiced in India for over 5000 years.

Ayurvedic Consultation

Understanding ones Ayurvedic Doshic Constitution begins with the completion of a consultation form done at home or in the office. Afterwards a report of findings appointment is scheduled as a phone or office consultation. Upon completion of this consultation you will be given a list of Ayurvedic lifestyle and bodywork suggestions, a laminated introductory Ayurvedic reference sheet, a dosha specific food plan, specific herbal suggestions and self healing practices for your specific constitutional needs to bring you into balance.

Pancha Karma Program

Pancha Karma is a combination of Ayurvedic therapies received daily for 3, 5, or 7 consecutive days. This program is designed to detoxify, rejuvenate and transform the body, mind, emotions and spirit. The main intention of Pancha Karma therapies is to bring ones self into balance through deep meditative relaxation, which effortlessly allows ones' inherent healing nature to release years of build up stress, harmful toxins, and dysfunctional energy patterns that bring about dis-ease.

The following sessions can be received individually, or in any combination of two or more as part of the Pancha Karma Program. Upon request additional information is available for selected sessions.

Bliss Therapy

Herbal Exfoliation, Abhyanga, Shirodhara and Swedana

Surrender easily into state of peaceful bliss. Through this restorative therapy an all in one session, It offers a full body warm herbal exfoliation, a traditional ayurvedic massage (abhyanga), the deeply mystifying relaxation of a Shirodhara and the effective purification of the Swedana.

Ayurvedic Nutrition and Herbs

This is one of the most influential areas that will facilitate the body's ability to create balance within itself. Nutrition and herbs alone can bring one back into balance. This is one of the most difficult areas to blend into your daily life, but one of the most important.

Abhyanga

This is an rhythmic choreographed Ayurvedic massage which allows one to surrender into a deep relaxed state. The warmed herbal oils, combined with massage strokes assist in softening and melting of ama (toxins) that are lodged in the body's tissues, allowing them to be appropriately discharged from the body. Abhyanga can be administered by one or two practitioners. Self abhyanga is suggested as a daily home practice for self care and rejuvenation.

Garshana

A vigorous dry lymphatic massage that enhances circulation and lymph flow traditionally received before an abhyanga. This massage is done with silk, cotton, wool gloves by one or two practitioners. Dead skins cells are brushed off, while the skins heat increases, opening the pores and allowing for deep penetration of herbal oils into the freshly cleansed pores. This treatment has a beneficial effect on the energy body clearing and balancing the chakras and energy channels. This session also increases static electricity in and around the body. This effect creates an ionization and alkalization of the blood. As well as receiving this as a pretreatment, it is also suggested to performed this as a daily

home practice before bathing or showering.

Bindi Herbal Wrap

Specifically blended herbs are warmed and made into a thin paste, then painted onto the skin's surface. Once the herbs dry, warm herbal oil is added and massaged into the skin, resulting in an effective and unique exfoliation. The skin is hydrated, the lymphatic and circulatory systems are stimulated. This is then followed by a full body wrap allowing the release of toxins through one's sweat glands.

Marma Point Therapy

This is a subtle form of energy body work, consisting of light pressure on specific body points that balance bodily systems, the mind and emotions. Essential oils can be added to enhance the benefits of marma point stimulation. Marma points can also be stimulated by one self at home as self care.

Shirodhara

Shirodhara includes a warm oil scalp massage followed by a continuous stream of warm herbal oil cascading over the forehead and third eye. This allows the nervous system to release deep seated stress and to reset itself in a more harmonic state. It also clears the subtle energy body of accumulated stress and toxins, and resets balanced energy patterns bringing about effortless relaxation and dosha balancing.

Swedana

One can lay down, relax and let go in this individual herbal steam bath. Herbal steam baths allow toxins to be released from deep within the body's tissues and opens energy channels. While in steam the head and heart are kept cool with a cold compress to assist the body/mind in the relaxation cleansing process.

Abhyanga - Nasya

Abhyanga Nasya includes a lymphatic facial massage using herbal oils, hot compresses and marma point therapy, along with the inhalation of premixed herbal oil. This assists the sinuses in clearing themselves of excess mucus and combats deep dryness that can be the root of many imbalances that reside in the neck, shoulders and head.

Vishesh

Vishesh is deep muscular massage, which breaks up adhesions, energy blocks, and increases blood circulation and awareness in specific areas of the body's where energy channels have been blocked.

The Ayurvedic Lifestyle Coaching

After the initial consultation, this coaching serves as follow up support, be it a beginner or advanced, we all need a chance to talk things over, to stay on track or to get back on track. This can be in a one time session or a recurring appointment as the needs arise.

Yoga

Certain postures will increase or decrease certain dosha characteristics. This is a 90 min session where you learn how to approach yoga that will balance your doshas.

Meditation and Breathe Work

Meditation is personal. It is essential to find the right style that works for you. Meditation is a powerful tool to manage stress, increase relaxation, and to connect with your inner source of strength and wellness. This is an opportunity to explore your ayurvedic constitutional needs, lifestyle and environment all of which are keys to a successful meditation practice. This is offered in the center or a meditative consultant can come to your home.

Shanti Painting

Color light and movement are powerful meditation and healing tools. Meditative painting is a process and is a unique way in developing self awareness and intuition. Although it is fun to end up with a painting you like, it is not necessary. The focus is on the journey of painting and how you response to it, more then the outcome. This process leads to enhanced intuition and self acceptance. It is an fun exploratory experience to participate as part of a group session or in a private session.

The following techniques can be combined in any of the sessions list previously. They are listed for information purposes only.

Aromatherapy

Essential oils can be used in baths, diffused in any environment of choice, and can be placed on Marma points. All use of oils, although subtle, have powerful influences with in the doshas and the energy body.

Color Therapy

Flowers, clothing, decorations, home or office decor, drawing, painting, sitting in nature, or having color projected on to specific zones of the body is color therapy. All color, no matter what location or activity, will influence the doshas and the energy body. Learn to use color to bring about positive change in your life.

Sound Therapy

Mantra, chanting, music, frequencies are all vibrations, vibrations that can support our dosha balancing goals. Learning to chant, using a tone box with individual programmed frequencies, listening to live or recorded crystal singing bowls or amplifying the frequencies throughout your body, are all possible ways to influence your energy body.

Gem Stone and Crystal Therapy

In Ayurveda gem stones are believed to carry certain vibrations that will enhance dosha balancing. These stones can be used in bodywork sessions, worn as jewelry or be used as a décor in your home or office. Once you know your Doshic Constitution, suggestions will be made for the best stone for you.

\$Pricing for Sessions are quoted at scheduling of appointment

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