ASTROLOGY
& AYURVEDA

Mind, Body & Soul

Body Mind & Soul

Holistic Lifestyle with Astrology & Ayurveda

Balancing starts with identifying our current imbalances (VIKRUTI). Healing begins with an honest assessment of any wounded areas, whether physical or emotional, and accepting them. Cultivating awareness and self-care is the path to optimal health, vitality, and happiness

NUTRITION

Cultivating a sattvic lifestyle helps keep the body vital and the mind alert and clear, balancing tendencies towards overthinking or inflexibility. A sattvic diet focuses on:

- Light, soothing foods that are easily digestible.
- Fresh produce and seasonal ingredients.
- A balance of the six tastes: sweet, sour, salty, pungent, bitter, and astringent.
- Moderate portions—eat until the stomach is about 80% full.
- Food prepared with attention, love, and care.

MINDFUL MOVEMENT

Exercise should be a regular part of your daily routine, but the type of exercise should align with your dosha. Light exercises, such as gentle yoga or walking, are ideal for Vata types, while Kapha types may require more vigorous activities to stay engaged. Regardless of your exercise choice—be it yoga, Tai Chi, Qi Gong, Pilates, or swimming—incorporating mindful breathing enhances the practice. The most effective exercise regimen will align with the unique combination of elements in your dosha type.

SLEEP

A restful night's sleep involves aligning with the natural rhythms of daily and seasonal cycles. Essential factors include proper digestion, regular movement, time spent in nature, and maintaining mental and emotional stability. Depending on your mind-body constitution, aim for six to eight hours of uninterrupted sleep to ensure optimal rest and rejuvenation.

MEDITATION

Meditation is one of the simplest forms of healing, focusing on tuning into yourself and enhancing awareness and intuition. Using a Primordial Sound Mantra in meditation helps train your attention and elevate your consciousness. It offers a chance to de-stress the mind and connect with your inner self.

EMOTIONAL FREEDOM

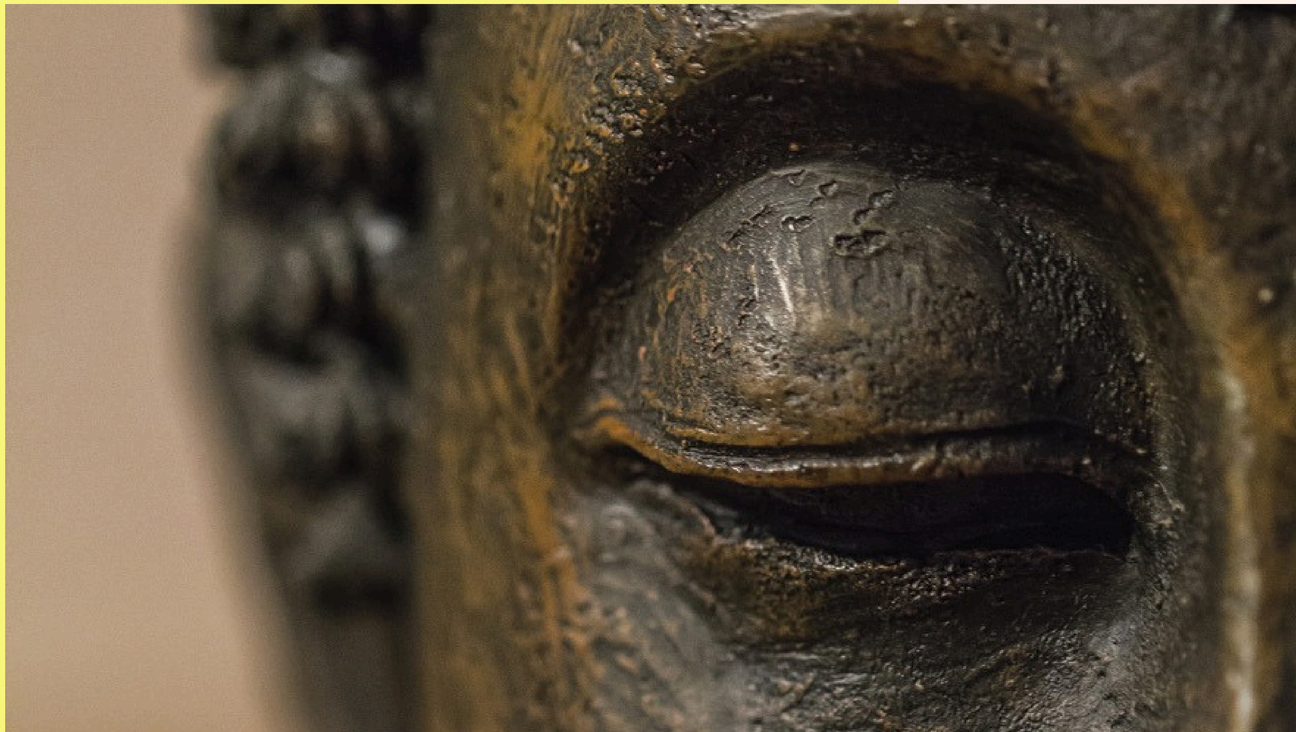
Ayurveda considers both your inherent emotional predisposition, based on your dosha type (Prakruti), and your current imbalances (Vikruti). The Vikruti test assesses these imbalances in both the body and mind. Imbalances can exist between your primary and secondary doshas, affecting either your physical health or mental well-being. Understanding these imbalances helps prioritize the focus and techniques in your personalized Ayurvedic program.

INNER PHARMACY

The body-mind can heal and nurture itself through its five senses: sight, sound, smell, taste, and touch. Our sense organs—ears, eyes, nose, tongue, and skin—are the gateways through which we receive information from the world around us. Not only do we perceive our environment through these senses, but we also process and digest it

DAILY ROUTINES

Self-love means showing up for yourself every day in all aspects of life and health. It's not about self-indulgence or boosting your ego, but about making a conscious effort to understand and accept yourself. True self-love involves developing awareness, making conscious choices, and seeking unconditional happiness from within. It means keeping your body vital and your mind alert and clear.



How do I get started?

You can start developing your Ayurvedic Lifestyle routine by taking the Prakruti and Vikruti quizzes. Visit A&A for more information, or contact me directly to begin your personalized journey toward optimal health and well-being.

An Ayurvedic Lifestyle Program typically includes:

- Nutrition Recommendations
- Mindful Movement Exercise Type
- Pranayama Techniques
- Meditation with Primordial Sound Mantra
- Recommendations for 5 Senses Therapy
- Additional Recommendations (e.g., Conscious Communication, EFT, Chakra Healing Therapy, or others based on individual evaluation)

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