

**AYURVEDA 101:
EXPERT ADVICE IN NEW E-BOOK FROM
SHANKARA AYURVEDA SPA AT THE
ART OF LIVING RETREAT CENTER**



June 2015 - BOONE, N.C. - Are you interested in an Ayurvedic lifestyle, but not sure where to start? The team of experts from Shankara Ayurveda Spa at the Art of Living Retreat Center has a simple resource to help you begin. Just released, “Ayurveda 101” is a free e-book that engages readers in gaining a new perspective on what it means to live to their full potential.

“For centuries, Ayurveda has helped people manage their health and live with more energy. In this practical, straight-forward e-book, readers will uncover the wellspring of knowledge that is the Science of Ayurveda and its modern implications for wellness,” says Medha Garud, Ayurveda Coordinator, The Art of Living Retreat Center. “When living according to the principles of Ayurveda, there’s a routine of daily choices that promote health and wellness. ‘Ayurveda 101’ guides readers through the routine in a simple manner that’s easily incorporated into their lifestyles.”

The goal of Ayurveda can be summed up in the Sanskrit word - Swatsya - which means health. Garud adds, “Health means being in a state of balance - physically balanced, mentally balanced, emotionally balanced. Ayurveda is a holistic perspective to a healthy lifestyle.” Topics covered in the e-book include:

- The importance of knowing your Ayurvedic type and the lifestyle choices that are complementary to it.
- How a preventative approach to self-care and aging can help preserve youthful vitality and encourage longevity.
- Sample menus that move beyond counting calories by incorporating an Ayurvedic approach to eating.
- The boundless benefits of Ayurveda that include less stress, improved concentration and revitalized energy.
- An 8-step way to jumpstart your life immediately with simple changes.

Ayurvedic experts from the Art of Living Retreat Center contributed to “Ayurveda 101”, which may be downloaded now. Set on a mountaintop outside Boone, N.C., Shankara Ayurveda Spa is one part of the experience at the Art of Living Retreat Center. Including a boutique hotel with three spa suites and 27 rooms, vegetarian dining, an alcohol-free environment, as well as wellness and fitness activities, the Center is quickly becoming known as a great spot for retreatists.

About Shankara Ayurveda Spa at the Art of Living Retreat Center - For those seeking physical and internal renewal on their journey toward greater self-awareness and happiness, Shankara Ayurveda Spa at the Art of Living Retreat Center provides a nurturing environment and service-oriented, educated staff. The relaxing mountaintop location near Boone, N.C. offers wellness adventurers a range of therapeutic Ayurvedic treatments and day or overnight programs perfect for those hoping to cultivate rejuvenation and inner growth. More on artoflivingretreatcenter.org.

Media Contact - Debra Locker, debra@lockerpr.com and 859.536.0282

