

Ayurveda Health Spa Sessions

September 29 —Tent M1-A

2:00	Introduction to Ayurveda	Explore the principles of Ayurveda while gaining valuable wellness tips to harmonize your mind, body, and spirit.
2:30	The Power of Ancient Herbs	Discover the remarkable herbs that can naturally enhance physical and mental well being.
3:00	Infant and Mother Care with Ayurveda	Learn the holistic approach to infant and mother care, emphasizing natural remedies, balanced nutrition, and nurturing practices.
3:30	Pandemic and Beyond with Ayurveda	We'll discuss preventive health measures, immune system support, and holistic well-being practices that extend into daily life to enhance resilience and overall health.
4:00	Introduction to Ayurveda	Explore the principles of Ayurveda while gaining valuable wellness tips to harmonize your mind, body, and spirit.
4:30	Secrets of Glowing Skin	Learn use of natural herbs and oils to cleanse, nourish, and rejuvenate the skin, promoting a radiant complexion from within.
5:00	Daily Self-Care with Ayurveda	Explore in-depth knowledge of personalized nutrition, dosha-based meal planning, and the principles of mindful eating

September 29 —Tent M1-B

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4:30	Ayurvedic Diet	Explore in-depth knowledge of personalized nutrition, dosha-based meal planning, and the principles of mindful eating
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1:00	Ayurvedic Diet	Explore in-depth knowledge of personalized nutrition, dosha-based meal planning, and the principles of mindful eating
1:30	Pandemic & Beyond with Ayurveda	We'll discuss preventive health measures, immune system support, and holistic well-being practices that enhance resilience and overall health.
2:00	Explore Marma	Uncover the subtle energy points in the body and their profound influence on physical and mental well-being
2:30	Ayurveda and Immunity	Explore Ayurvedic herbs and practices to strengthen the body's natural defense mechanisms.
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5:00	Beauty Inside Out	Holistic journey that explores how inner well-being directly influences external beauty.

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