



Arogya Ayurvedic Health Ltd

Vedic Lifestyle Counselling

Get your Mind and Health back on Track with the **Vedic Lifestyle Counselling Program**

Introducing Yoga and Mankind's Oldest and most Complete Healing System

Initial Welcome Program Investment of only \$120.00

Includes: Up to 1.5 hrs of getting to know YOU

- ✓ **Pulse, Tongue, Eye and Digestion Diagnosis / Examination**
- ✓ **Psychological Profile Examination**
- ✓ **Assessment of Ayurvedic Body 'Type'**
- ✓ **Discussion of Diseases / Past Issues and Ayurvedic Classification**
- ✓ **Remedies through Herbal, Dietary, Detoxification (if needed), Yoga, Lifestyle methods**



Includes "Welcome Package" in your Vedic Lifestyle Toolbox Folder:

- ✓ Your Personalised Ayurvedic Folder
- ✓ Information about Ayurveda
- ✓ Ayurvedic Cooking Tips and Anti-doting Foods
- ✓ Mantra Flash-Cards for Mental Healing, with easy chanting and pronunciation
- ✓ Access to Online Audio Tools for Pronunciation and Chants
- ✓ Personalised Meditation Information
- ✓ Personalised Diet & Herbal Plan for Easy-reference
- ✓ Personalised Lifestyle Plan
- ✓ Specific Yoga Plan, including your Mantras, Mudras (Hand symbols), Asanas (Yoga postures), Pranayamas (Breathing techniques) for you
- ✓ Special Yoga Techniques for Letting go of issues
- ✓ Aroma, Colour and Gemstone Therapies that suit YOU
- ✓ Pressure-point (Marma) therapies
- ✓ Mental Constitution (Psychological Profile) and Guidelines
- ✓ Positive Quotes based on Vedic Teachings you can refer to on a daily basis
- ✓ Self-assessment questionnaires for daily analysis
- ✓ Special Ayurvedic recipes for Health
- ✓ Information on any Herbal remedies and Formulas recommended to you
- ✓ Astrological Chart and Profile



Follow-Up Consultations are \$50.00 up to 45mins per session and will include:

- ✓ Full discussion about your mental healing and analysis
- ✓ Full discussion about your physical health, any issues and relevant advice
- ✓ Pulse, Eye, Tongue and Digestion examination
- ✓ Lifestyle Counselling and Advice
- ✓ Full encouragement and further Plans for Self-development
- ✓ Full support in any changes, obstacles etc. you are facing and how to overcome them
- ✓ Further Yoga techniques, Diet, Lifestyle and Herbal advice



Don't Delay – Start your Vedic Lifestyle Program today:

Ph. 03 359 6015



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www.arogyayurvedichealth.com