



Take Charge of Your Health With Ayurveda (102 slides)

*by Shailu,
Ayurvedic Lifestyle Practitioner,
Founder President, Ayurvedic Physicians Association of Singapore*

Director, Om Vedic Heritage Centre Pte. Ltd

Flow of Topics over 5 sessions

- **Session 1:**
 - Know yourself, your constitution & your relationship with nature
 - What is my balanced state?
- **Session 2:**
 - What causes Imbalance? Leading to Disorders/Diseases
- **Session 3 & 4:**
 - How do I maintain my balanced state? Remedies & recipes
- **Session 5:**
 - Strengthening Immunity & Preventing illness

Flow of topics



What is Ayurveda?

Ayu = Life; Veda = Science/Knowledge

Hence, ayurveda means the

SCIENCE OF LIFE

- **The PHILOSOPHY?**
 - The key word is “**BALANCE**”
- **Balance with what?**
 - Balance within ourselves- Body, Mind & Spirit
 - Balance with Nature/Environment