



OJAS Ayurveda

News Letter - January - 2018

*May this year bring you health, wealth, prosperity, success, pleasure and leisure. Enjoy every bit of life.
Ojas Ayurveda wishes you a very happy new year-2018.*

Simple Ayurvedic principles for better health



Ayurveda compares our digestive strength with the sunlight. It is mild in the morning & evening, and intense in the afternoon. So choose the foods that are light and easy to digest for breakfast and dinner. Lunch should be our biggest meal of the day.

Sticking to fixed sleeping schedule sets the body in rhythm with the nature leading to better health. Waking up before sunrise (before 6AM) and sleeping before 10PM is considered healthy.

Upcoming Events:

Intro to Ayurveda :These sessions help to bring awareness of Ayurveda and incorporate Ayurvedic principles into everyday life for more balanced and healthy life. These are conducted 1st Saturday of the month **10AM-11:30AM**. Call 813-666-0810 for registration. Fee is \$15 per session and they can be registered independently.

Session 1: January 6th: History and the basic principles of Ayurveda

Session 2: February 3rd: Doshas and Gunas, Ayurvedic body mind types

Session 3: March 3rd: Improve your digestive health and your immunity with Ayurveda.

Special Offers:

We are happy to announce **15% off** on **all** services provided at "Ojas Ayurveda" for the first month of the year (valid until **31st Jan, 2018**)