



**OJAS Ayurveda**

**News Letter - February- 2018**

## **Upcoming Events:**

**February 3rd - 10AM- 11:30AM:** [Doshas and Gunas, Ayurvedic body mind types](#)

In this session you will learn Ayurvedic body and mind types and how they are affected by various external and internal factors. Learn principles of Ayurveda according to which, every individual is born with a unique body constitution . Learn how the body constitution is determined and various physical and emotional characteristics of different body types.

**March 3rd - 10AM- 11:30AM:** [Improve your digestive health and your immunity with Ayurveda.](#)

In this session you will learn how the mind and body are interrelated and influenced by each other. Various Ayurvedic ways to balance the body and mind and boost immunity

## **Shirodhara(Third eye therapy):**



Shirodhara is one of the the most ancient rituals of Ayurveda. Shiro," means head, and "dhara" is the continuous flow of a liquid. In this process, warm herbal oils or herbal decoctions are poured in a slow steady stream on to your forehead. This treatment is profoundly relaxing, nourishing. It will improve mental clarity and comprehension. The treatment directly and immediately calms, relaxes and has a cleansing effect on the mind and nervous system. Shirodhara is a great treatment for a compromised nervous system.

Shirodhara helps to relieve stress, anxiety, depression, and insomnia through natural serotonin, dopamine, and melatonin release. It helps mental focus and concentration and reduces and relieves migraine headaches. Shirodhara helps to decrease hair loss and fatigue. It deeply relaxes mind and body, releases negative emotions and improves sleep patterns.

## **Special Offers:**

**15% off** on [Shirodhara](#) valid until **31st March, 2018.** (Reg.price \$115)

## **Ayurvedic health tip**



Massaging feet with warm oil at bedtime helps to calm agitated mind and helps to reduce stress, anxiety and promotes sleep. It helps to reduce symptoms of PMS, relieves fatigue and cramps. In general sesame oil or olive oil can be used for feet massage, coconut oil can be used in case of burning sensation in feet.

