



**Change Your Health
and Life with
Understanding Your
Mind-Body Type**

**Welcome to your Ayurveda Online
course !**

What will I learn from this course?

- 1. Understand why people behave as they do, starting with YOURSELF.**
- 2 Identify foods that will work for people at home and the foods that will not.**
- 3. Know the exercise routines that will work for yourself and your family members.**
- 4. Learn the colors that will suit you and why? For example - blue or green are soothing for individuals with more Pitta dosha in their bodies compared to bright red.**
- 5. The course serves as a guide to your career path and helps find suitable work aligned to your specific body type.**



What will I learn from this course?



6. Gives you insights to understand and appreciate your own attitudes and mental processes and those of others.

7. Ayurveda can also help choose pets for your children and loved ones. You can select which pet suits them most.

8. The course supports you in modifying your work environment, making it more enriching and satisfying.

9. Assists you understand the doshas in your body type, enabling you to select a suitable yoga asana to practice.

[Click here to start your course](#)

How will I gain or what will I achieve by doing the course?

The training will assist you to:



Deal and manage stress according to your body type.



Find work/career that best suits you.



Avoid foods that do not work for you, or at least understand what they do to you and why you may want to avoid them.



Identify appropriate yoga postures that are suited for your body type.



Identify yoga postures to avoid if need be.



Eat according to your body type.

How will I feel after doing this course?

You will:

-  **Be more in control of life through a better understanding of who you are.**
-  **Be less anxious and manage stress better.**
-  **All this will happen through eating foods that work for you, having a lifestyle aligned to your body type and exercising or practicing the appropriate yoga postures suitable for you.**
-  **Experience an overall sense of balance when practicing what you learn in this course.**



What does the course promise?

You will:

- **Understand your mind-body type from Ayurvedic perspective. You will learn how to apply this understanding to the key aspects of life - diet, lifestyle, exercise, career, and relationships**



- **Learn how to understand and deal with yourself, your family members and people around you**

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How does this training help me deal with life? What other related benefits will I have?

- ✔ **Do you think about how to keep yourself in balance in these days of increasing worry, stress and pressure?**
- ✔ **Ayurveda is acknowledged as a traditional healing system, covering all aspects of life and lifestyle.**
- ✔ **Understanding your mind-body type makes it logical and very easy to understand how to keep your mind, body, emotions in balance at different levels.**
- ✔ **It gives you an understanding of who you really are, leading to better management of yourself better at different levels of mind, body and emotions and gives an improved sense of wellbeing.**



How does this training help me deal with life? What other related benefits will I have?

- ✓ **The seasons, the foods you eat, the elements, the lifestyle that you have, the travel that you do, your genetic inheritance from your parents, the environment, your workplace, colors, sounds, your home, your relationships, your exercise level, your current physical health, your mental health and your emotional health - they all contribute to your overall experience of balance and wellbeing.**
- ✓ **Making a sense of all of these, how they contribute, how to handle them, is a big part of staying healthy.**
- ✓ **Just close your eyes and Imagine you have understood, handled all these factors and learnt to manage yourself - what would life be like?**



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Is there at least one instant solution I can experience?

We all experience stress at some point of time in our life.

When stressed, eat food that is warm, moist and slightly oily! The stress will reduce.

How do we know this?



According to Ayurveda stress is linked with aggravation of vata dosha.



When vata dosha is aggravated, warm, moist and slightly oily foods pacify it and bring back the balance.

How does it all happen?



The ancient, time tested wisdom of Ayurveda, the “Science of Life”, empowers us by giving us the tools and techniques to understand our own constitution or mind-body type so we can get a good profile of ourselves.



We can use this understanding, for example, in finding what diet is good and what style of life works for oneself.



To create happy, healthy and balanced life, where mind, body, emotions are in harmony and in positive, this tool of understanding our mind-body type and our uniqueness within that is absolutely high value.



AYURVEDA
AWARENESS CENTRE



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Any other benefits? Or value?



Besides a healthy, balanced lifestyle which is stress free, leaving you enriched and satisfied with yourself, your family and friends, your work....



It does save a lot of your time and money. And all this keeps you healthy, wealthy and wise.



Meet your Trainer



Neerja Ahuja is Principal Consultant and Director, Ayurveda Awareness Centre (AAC). She is a trained consultant, therapist and classroom facilitator for courses run by AAC for nearly two decades now. Neerja leads regular educational seminars and workshops including cooking demos and weekend residential Ayurveda Retreats for nurturing and healing.

Neerja's work as course facilitator for nationally recognized courses, seminars, workshops, retreats and consultations with thousands of clients, has deepened her understanding of human psychology and why and how people get sick and how they can truly heal.

How to join:



Click [here](#) to start your course.



Want to know more? [Click here](#) to contact us.



Feel free to email us at
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