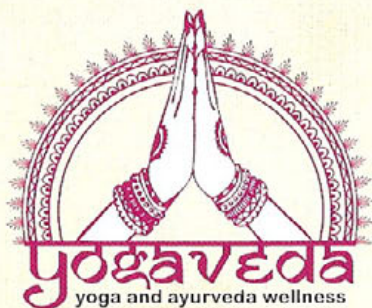


Ayurvedic Practitioners

Nikki Leaf Adv. Dip. Ayu. 9431 7794 or 0411 796 354
Leah Albrecht Adv. Dip. Ayu. 9331 5999 or 0438 693 855



Ayurveda

Widely acknowledged as the world's oldest health care system, it is also a complete way of living. It takes into consideration the many physical, mental, emotional and spiritual elements of life that are necessary for health and well-being.

As a science of self-healing, Ayurveda encompasses diet and nutrition, lifestyle, exercise, rest and relaxation, meditation and medicinal herbs.

Yoga

Personalised yoga sessions for your body type and classes specialising in therapeutic, pregnancy and women's health.

Ayurvedic Consultations

A comprehensive health assessment based on your individual body type. Learn dietary, lifestyle and cleansing routines to get you back into a state of balance.

Initial Consultation 75 minutes \$75.00
Follow up appointment 30 minutes \$40.00

Treatments – Panchakarma and Purvakarma

A range of treatments designed to soften, loosen and mobilise deep-seated toxins (ama) whilst creating a profoundly relaxing and nurturing experience for the mind and body.



George St Yoga 79 George Street East Fremantle
yogavedawellness@gmail.com yogavedawellness.com

Treatments

-  **Tension Tonic (back, neck and shoulder)**
This massage soothes tense and tired muscles. Relieves back, neck and shoulder pain. This treatment is especially beneficial when followed by nadiswedana (herbal steam massage).
30 minutes.....\$45.00
-  **Nadiswedana**
A localised herbal steam massage to relieve tense muscles, stiff joints and lower back pain. Also beneficial for menstrual disorders, including endometriosis.
30 minutes.....\$55.00
-  **Snehana (full body massage)**
Warm, herbalised oils are used in this deeply pacifying and nurturing experience for mind and body.
90 minutes – 1 therapist.....\$105.00
1 hour – 2 therapists (synchronised).....110.00
-  **Shirodhara**
A slow stream of warm oil infused with herbs is rhythmically poured across the forehead. Calms and quietens the mind and nervous system.
30 minutes.....\$60.00
(Initial treatment is an additional \$90 and includes herbalised oil which is yours to keep for subsequent treatments)
-  **Katibasti**
Warm medicated oil is pooled over the lower back, soothing and balancing your whole being. Beneficial for back pain, fertility and menstrual disorders.
30 minutes.....\$75.00
-  **Urobasti (Heart nurture)**
A therapeutic treatment where warm oil is pooled over the heart. Relieves stress and anxiety, balances emotions, strengthens and nourishes the heart.
30 minutes.....\$75.00
-  **Bashpaswedana**
A warm herbalised steam box treatment. Improves circulation and promotes detoxification and weight loss.
20 minutes.....\$35.00
-  **Nasya**
A brisk massage using medicated oils combined with heat compresses over the sinus area to clear congestion. Relieves chronic sinusitis and hay fever conditions.
30 minutes.....\$40.00