



Holistic One Day Rejuvenation “PUTHIYA THUDAKAM”

Puthiya Thudakam translates as “The New Beginning”. The commitment to sustainable wellbeing is a gradual process. This one day programme is designed to initiate you into the process that rejuvenates your mind and body through the application of AyurVedic therapies, Yoga and Meditation.

wellbeing
& Longevity

Day Spa Packages

Day 1

- ❖ Induction to the holistic values and benefits of **AyurVeda, Yoga and Meditation**.
- ❖ AyurVedic Consultation to determine your Dosha and your Yoga / Meditation abilities.
- ❖ Tailor made programme
 - AyurVeda Therapy – Abyangham
 - AyurVeda Therapy – Bhaspa Sweda (herbal steam bath)
 - Yoga
 - Meditation
- ❖ AyurVedic lunch based on recipes from Kerala, India
- ❖ Rest & Relaxation

1. Induction to AyurVeda, Yoga and Meditation

AyurVeda is an ancient Indian holistic system of healing that works on the principle that, with a balanced lifestyle, human beings' life expectancy should be prolonged. Apart from helping to attain longevity AyurVedic practice is often used to treat; fatigue, insomnia, arthritis, heart disease, rheumatism, asthma, allergies, digestive problems, mental & cerebral ailments, weight control and joints & muscular ailments.

The word AyurVeda is a combination of two Sanskrit words
Ayur = Life Veda = Knowledge / Science

2. AyurVedic Consultation

AyurVeda recognises that our cosmic energy consists of three component energy 'Doshas'; Vata, Pitta and Kapha. Each person has a unique pattern featuring different levels of the three Doshas; one primary and the other two less prominent. Before using AyurVedic remedies it is important to find out your primary or dominant Dosha. Good health relies on our ability to keep the Vata, Pitta and Kapha levels in harmonic balance.

3. Puthiya Thudakam AyurVedic Therapies (see our brochure for details)

Abyangham and Bhaspa Sweda have been selected as the AyurVedic therapies that will provide the **Relaxing** experience that enables **Rejuvenation** and **Revitalisation** process of the mind and body to begin.

4. Yoga and Meditation

AyurVedic principles consider **Yoga** and **Meditation** to be complimentary **science** for healing and the rejuvenation of mind and body. Whilst AyurVeda focuses on treatment (Chikitsa) of the mind and body; Yoga and Meditation supplements the process through self-development and self-realisation (Sadhana).

Yoga constitutes of **Asanas** or body postures; scientifically prescribed to stretch, exercise and stimulate parts of the body to provide holistic healing. The primary purpose of **Asanas** is to bring balance and harmony to the five basic elements that govern the body. It is the balance of these elements that ensures good health, wellbeing and longevity. **Yoga**, through Asanas and breathing, provides one with a recognisable interaction and connection between one's body and mind.

5. Nutrition and Diet

AyurVeda teaches us that vital energy is present in fresh vegetables and fruits. Fresh vegetables contain *Prana* energy which helps to boost the immune system and sense of vitality. AyurVeda states that it is best to have different types of food every day, in order to keep your digestive system healthy.

Try to include different grains, fruits, vegetables, proteins and flavours. Always include six flavours in your daily diet:

1. sweet	2. sour	3. salty
4. bitter	5. astringent (harsh)	6. pungent

Flavour your food with Chutneys or fruit based sauces. Use turmeric, black pepper, cumin seeds, mustard seeds, dill seeds, fennel seeds in food preparations when possible.

The following contradictory food combinations is said to weaken one's immune system, and should therefore be avoided:

Milk and sour fruits	Milk and fish	Milk and eggs
Milk and yogurt	Milk and pickles	Ghee and honey
Banana and yogurt	Hot water and honey	Hot milk and honey

Drinking lot of coffee, tea and caffeinated soft drinks creates Dosha imbalances. It affects the liver and increases toxin levels in the body. Drink more fresh milk, herbal tea, and energy drinks with herbs and spice to increase your energy levels. When thirsty drink hot water rather than cold water, as it cleanses your digestive tracts.

Please Call to Confirm Your Booking.
Day Spa 10am to 6pm - £95 (normally £120)

(10% Discounts for group bookings of 4 or more)

Lotus AyurVeda Spa

Unit 452, Street 7, Thorp Arch Estate, Wetherby LS23 7BJ

Tel: 01937 541177; email: info@lotus-ayurveda.co.uk; Web: www.lotus-ayurveda.co.uk