

Experience Ayurveda

with Naveen Loomba

Ayurveda is ancient Indian medical science, the origin of which can be traced back more than 3000 years. The primary source of Ayurveda is the vedas , the oldest available written classics. Ayurveda is a Sanskrit word which literally translates as "**Life Science**". Ayurveda is a science dealing not only with treatment of some diseases but is a **complete way of life**, incorporating suggestions for **both healthy and diseased people**. Centuries before the World Health Organization recognized that health is not merely the absence of disease, Ayurveda was dealing with the mental, physical and social well-being of an individual.

Naveen Loomba: Having grown-up in Northern India, Ayurveda has always been an integral part of Naveen's understanding of health and well-being. In 1999 he began work in an Ayurvedic clinic in Pune (South India). There he became well-versed in the ancient practice of Ayurvedic massage, treating hundreds of clients and training students in the technique. He also taught yoga, prepared Ayurvedic medicines, and provided dietary consults for clients. He moved to Colorado with his wife and daughter in 2002, and more recently to Virginia. He now provides all the following Ayurvedic services to people in the Charlottesville area.



Dietary Consultation: According to Ayurveda, health is a state of balance between the body, mind and consciousness. The functional aspects of the body are governed by three biological humors, or doshas: **vata dosha** (circulation, nerve impulses, respiration, and elimination), **pitta dosha** (digestion and metabolism), **kapha dosha** (bodily structure and lubrication). A basic dietary consultation defines your unique make-up based on the predominance of each of these doshas. Naveen uses observation, dialogue, and pulse diagnosis to identify excess of any dosha that may be resulting in minor or major disease symptoms. He then suggests dietary changes and simple practices that can help you **rebalance your system**.

Ayurvedic Massage: is designed to **balance the doshas**, primarily by flushing toxins and redirecting the flow of the vata or air element through the body. The technique combines firm strokes, stretching, and point pressure application to the **107 vital energy points** of the body, called marma. On the table you will experience relaxation and relief from aches and pains. The benefits continue to emerge for several days beyond. You will notice increased circulation and vitality, stabilized nervous system activity, and more balanced body chemistry. The goal of the treatments is to heal and rejuvenate your body.

Private Yoga Instruction: An excess of any dosha can result in disease, but the symptoms arise mostly in the vata system (circulation, nerve impulses, respiration, and elimination). Regular maintenance of this system is the best way to insure good holistic health. **Ashtanga yoga** is a highly refined "8-fold path" that approaches maintenance through a variety of practices. The stretching postures (asanas) we commonly know as yoga are one of the eight aspects of true Ashtanga practice. Naveen can instruct you both in **yoga postures** and the many other beneficial **purification techniques** (including cleansing methods, breathing, concentration, integrity practices, and meditation). Let your own interests guide your private lessons.

Experience the Life Science that is **AYURVEDA**

LOCATIONS

ESMONT (Home Office) • CHARLOTTESVILLE (Body Mind Spirit) • HOUSE CALLS

PRICES

90-minute massage: \$75 • 60-minute massage: \$50 • Dietary Consult: \$40
Special rates for a series of massages. Refer new clients & get a free massage!

CONTACTS

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