

Consultations - what to expect

Emma offers Ayurvedic diet and lifestyle consultations. Ayurvedic consultations are not just for those who suffer from a chronic illness or health concern, but also anyone who is keen to learn how Ayurveda can help them to achieve and maintain total well-being through doshic balance.

Based on the findings from your consultation, Emma will diagnose your doshic balance (current versus optimal) and prescribe a tailor-made Ayurvedic treatment plan, which will help you achieve good health but also maintain it. This plan will suggest various Ayurvedic and Yogic treatments and techniques to help you return to and/or maintain your natural, optimal doshic balance.

Initial consultation: 90 minutes £80.

Follow on consultations: Suggested monthly until symptoms start to subside.

60 - 75 minutes: £60.



About Emma

Emma is the director and founder of Yoga Studio Bromley and has been teaching Yoga, meditation and philosophy now for more than 20 years. Emma has a passion for health and well-being and has studied many forms of western nutrition as well as Ayurveda. She has trained with teachers such as Doctor Vasant Lad, Atreya Smith, Barbara Wren and Dr. Deepa Apte. She realised from her studies that there is no other form of healing as personalised as

Ayurveda as it looks at each person as being unique and each health plan depends on the clients' individual constitution and imbalances. After an in depth consultation Emma will give you a plan personalised for you including advice from both the traditions of Yoga and Ayurveda. If it is a more recent acute disease it may take just a few months to bring things into balance but if it is a long term chronic disease it may take considerably longer. Please note Emma will advise and support you on your healing journey but the amount of commitment you give to the programme will determine how quickly you will start to feel well again.

To book an initial consultation or if you have any questions do contact Emma on: sivanandabromley@yahoo.co.uk or 07765 100436.

Emma also runs Yoga Studio Bromley, a school sharing traditional teachings of Yoga, and Casa Santosha, a beautiful retreat venue in the heart of sunny Andalucia, Spain.

AYURVEDA

Health Consultations

“When diet is wrong medicine is of no use, when diet is correct medicine is of no need.”

Ayurvedic Proverb





Ayurveda is a Sanskrit word meaning the 'Science of Life' with its roots in the ancient scriptures of the Vedas from India. This science is over 5000 years old. In fact it is the oldest system of medicine known which has influenced many medical systems since.

Ayurveda aims to treat the root cause of the illness by balancing our three doshas back to a natural balance for optimum well-being. True balance is only possible when we take a holistic approach and take into account the physical, mental, emotional and environmental factors.

Our bodies are controlled by three bio-energetic forces (dosha) that are made of a combination of five elements, ether, air, fire, water and earth. The doshas, Vata, Pitta and Kapha work together to maintain regular body functions and when in balance they maintain life. However when one or more dosha is out of balance due to wrong diet and lifestyle choices, it gives rise to various health conditions.

According to Ayurveda, we each have constitutions that include all three doshas, but the proportions and dominance of doshas varies from person to person, making us all completely unique. Therefore, the Ayurveda approach is highly individualised since the path to optimal health is different for each person depending upon their unique constitution of dosha balance.

Vata Dosha - air & ether elements



If we are predominantly Vata dosha, we tend to be thin, light and quick in our thoughts and actions. Change is a constant part of our lives. When Vata dosha is balanced we are creative, enthusiastic and lively. But if the Vata dosha becomes excessive, we may develop anxiety, insomnia, constipation, irregular digestion and many other health issues. Vata is the most unstable of all the doshas and the original cause of many illnesses.

Pitta dosha - fire & air elements



If Pitta dosha is most lively in our nature, we tend to be muscular, smart and determined. If balanced, we are warm, intelligent and a good leader. If out of balance the Pitta dosha can make us angry, impatient, critical, irritable and aggressive with acidity and burning, inflammatory conditions within the body.

Kapha Dosha - water & earth elements



If we have mostly Kapha dosha in our nature, we tend to have a heavier frame, think and move more leisurely, with more stability in our body and mind. When balanced, it creates calmness, sweetness and loyalty. When excessive, Kapha dosha can cause weight gain, congestion, water retention and heavy thoughts and emotions such as depression, attachment and resistance to healthy change.

How can Ayurveda help you?

Ayurveda can treat all health conditions but here are some common conditions Ayurveda can address:

- Stress, anxiety, fatigue and a weak immune system
- Gastro-intestinal problems (IBS, constipation, indigestion, acid reflux etc)
- Arthritis/rheumatism/joint stiffness
- Insomnia
- Weight management
- Headache/migraine, skin conditions, respiratory conditions

The Ayurvedic Difference

Modern medicine aims to cure illnesses by prescribing drugs to cure the symptoms of the illness. Though this brings fast pain relief, often the underlying issues are not always dealt with and often lie dormant. Today more and more people are turning to complimentary medicine for a traditional and holistic approach to healthcare. Ayurveda aims to treat the root cause of the illness and aims to bring equilibrium by balancing the three doshas to achieve optimum health. Two people with similar conditions may not necessarily receive the same medicine or treatment plan.

Digestion (agni) – the root of optimal health

Agni is the simplest form is the fire within our body, primarily our digestive fire (jathar-agni) and can be considered the subtle form of pitta. In a healthy state, agni allows for good digestion, assimilation, elimination, circulation, nourishment to all body tissues, healthy tissue formation, good complexion, strong immunity and intelligence.

Ama is considered to be undigested or toxic material (food or emotional) that forms as a result of a low or disturbed agni. Ama will accumulate where there is a pre-disposed weakness in the body thus giving rise to different ailments in different people. Ayurveda first and foremost looks to restore the agni one of the root causes of 'dis-ease.'