

BUILDING A WEBSITE USING CANVA

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1. Introduction

1.1 Overview

Ayurveda, the ancient system of holistic healing, has gained significant recognition and popularity in recent years. People are increasingly seeking natural and holistic alternatives to conventional medicine. In this context, a website dedicated to Ayurvedic healing therapy can play a pivotal role in providing valuable information, guidance, and resources for individuals looking to enhance their well-being through Ayurveda.

Website name : Ayurvedic Healing Therapy

Brand logo :



Problem Statement: The website aims to address the following problems and challenges related to Ayurvedic healing therapy

1.2 Purpose

1. Lack of Awareness:

Many individuals are unaware of the principles and benefits of Ayurveda. There is a need to educate and raise awareness about this ancient healing system, its philosophy, and its approach to well-being.

2. Access to Reliable Information:

The internet is flooded with a vast amount of information, some of which can be misleading or inaccurate. It is essential to provide a reliable and trustworthy source of information about Ayurveda.

3. Personalized Wellness Guidance:

People are seeking personalized approaches to wellness. They need guidance on how Ayurveda can address their specific health issues, whether it's chronic conditions, mental health, or general well-being.

5. Integration with Modern Lifestyle:

Ayurveda can sometimes seem inaccessible or impractical in the context of modern, fast-paced lifestyles. The website should address how Ayurveda can be integrated into everyday life.

6. Availability of Ayurvedic Practitioners:

Finding qualified Ayurvedic practitioners or therapists can be challenging. The website can offer directories or resources to connect users with certified professionals.

7. Quality Ayurvedic Products:

There is a demand for authentic and high-quality Ayurvedic products, from herbal supplements to skincare. The website can provide information and recommendations on trusted products and brands.

8. Community and Support:

People often benefit from sharing their experiences and knowledge with others on a similar healing journey. The website can create a community or forum where users can connect, discuss, and support each other.

9. Educational Resources:

Many individuals are interested in learning more about Ayurveda for personal growth or to become practitioners themselves. The website can offer educational materials, courses, and workshops.

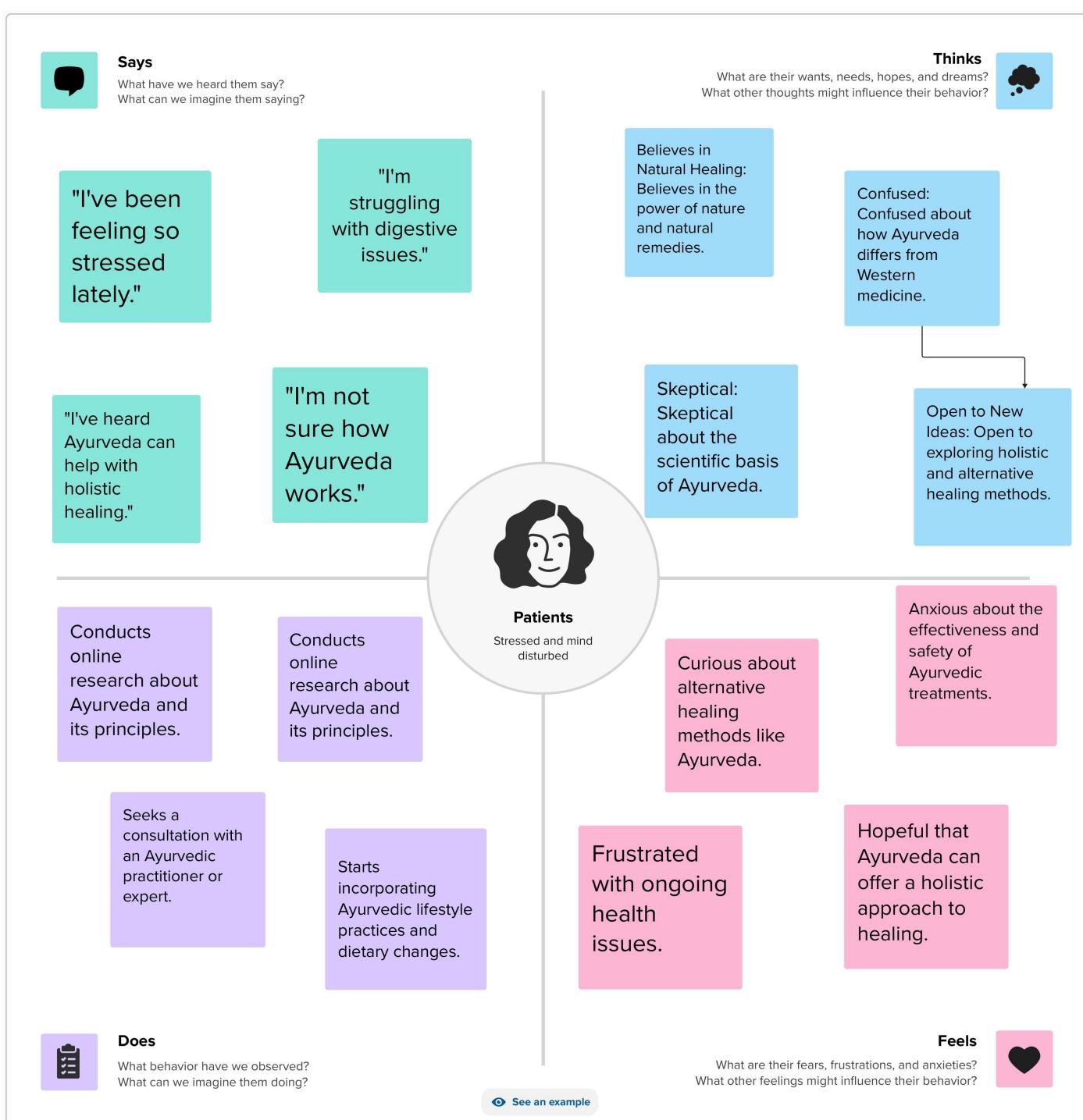
10. Legal and Ethical Concerns:

In some regions, there may be legal or ethical considerations when offering Ayurvedic therapies. The website should address these concerns and provide information on practicing within the law.

By addressing these challenges, a website on Ayurvedic healing therapy can become a valuable resource for individuals seeking natural and holistic solutions for their health and well-being. It can empower them to make informed decisions and embark on a journey towards a healthier and more balanced life through Ayurveda.

2. Problem Definition & Design Thinking

2.1 Empathy Map



2.1 Ideation and Brainstorming Map

Template



Brainstorm & idea prioritization

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

⌚ 10 minutes to prepare
⌚ 1 hour to collaborate
👤 2-8 people recommended

Before you collaborate

A little bit of preparation goes a long way with this session. Here's what you need to do to get going.

⌚ 10 minutes

Team gathering
Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

Set the goal
Think about the problem you'll be focusing on solving in the brainstorming session.

Learn how to use the facilitation tools
Use the Facilitation Superpowers to run a happy and productive session.

[Open article →](#)

Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

⌚ 5 minutes

PROBLEM
How might we [your problem statement]?

Key rules of brainstorming
To run an smooth and productive session

- Stay in topic.
- Encourage wild ideas.
- Defer judgment.
- Listen to others.
- Go for volume.
- If possible, be visual.

Need some inspiration?
See a finished session outline or template to kickstart your work.

[Open example →](#)

2

Brainstorm

Write down any ideas that come to mind that address your problem statement.

⌚ 10 minutes

TIP

You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing!

Person 1

Understanding Ayurveda: Ayurveda is based on the belief of three doshas - Vata, Pitta, and Kapha.

Diet and Nutrition: Ayurveda places strong emphasis on the importance of diet and nutrition.

Herbal Remedies: Ayurveda offers a wide range of herbs and remedies for healing and balance.

Person 2

Yoga and Exercise: Yoga and exercise are advocated regularly by Ayurveda to maintain a healthy body.

Meditation and Visualization: Ayurvedic healing also emphasizes the mind-body connection, focusing on relaxation techniques to relieve stress and improve overall health.

Detoxification: Ayurveda places a strong emphasis on detoxification to cleanse the body through various practices like Panchakarma.

Person 3

Massage and Body Therapies: Ayurvedic massage, known as Abhyanga, uses oil or ghee to massage the body through various techniques to relax muscles and improve circulation.

Lifestyle Guidelines: Ayurveda emphasizes a balanced lifestyle that includes daily routines like taking a warm bath, getting enough sleep, and physical exercise to align with one's individual constitution.

Individualized Approach: One of the core principles of Ayurveda is the idea that each person is unique.

Person 4

Consulting an Ayurvedic Practitioner: For a comprehensive Ayurvedic plan, it's advisable to consult a practitioner.

Stay Hydrated: Drinking plenty of water throughout the day is important for maintaining overall health.

Light Street: Incorporating light-colored techniques, such as wearing light-colored clothing or avoiding bright sunlight, can help reduce heat.

Person 5

Osteopathic Care: Osteopaths use manipulative and manipulative techniques to improve alignment, and reduce pain.

Physical Therapy: Physical therapists use manual therapy, stretching, and exercises to improve mobility, and manage pain.

Art Therapy / Art: Art therapy helps individuals express themselves through creative activities like drawing, painting, or creating.

Person 6

Music Therapy: Music therapy uses musical and rhythmic activities to promote emotional, physical, and spiritual healing.

Energy Healing: Various energy healing modalities, such as Reiki, Hypnotherapy, and Therapeutic Touch.

Healing: Holistic healing takes a holistic approach to well-being, addressing the physical, mental, spiritual, and emotional aspects of health.

Person 7

Meditation and Mindfulness: These techniques involve training the mind to focus on the present, which can reduce stress.

Reiki: Reiki is a Japanese energy healing technique where practitioners place their hands on clients to promote relaxation and balance.

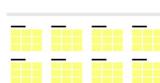
Message Therapy: Message therapy involves manipulating soft tissue and muscles to reduce pain.

Person 8

Counseling and Psychotherapy: This form of therapy involves discussing personal issues and emotions, psychological.

Energy Healing: Various energy healing modalities, such as Reiki, Hypnotherapy, and Therapeutic Touch.

Herbal and Nutritional Therapies: Naturopathic doctors use herbs, vitamins, minerals, and dietary changes.



3

Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you can break it up into smaller sub-groups.

⌚ 20 minutes

TIP

Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

Understanding Ayurveda: Ayurveda is based on the concept of three doshas - Vata, Pitta, and Kapha.

Yoga and Exercise: Ayurveda advocates regular physical activity to maintain a healthy body.

Diet and Nutrition: Ayurveda places a strong emphasis on the importance of diet and nutrition.

Individualized Approach: One of the core principles of Ayurvedic healing is the recognition that each person is unique.

Herbal Remedies: Ayurveda uses a wide range of herbs and botanicals for healing and balance.

Lifestyle Guidelines: Ayurveda offers lifestyle recommendations that include daily routines (Dinacharya).

Adapt your diet, lifestyle, and daily routine to suit the changing seasons. For example, in the winter

Meditation and Mindfulness: Ayurvedic healing isn't just about the body; it's also about the mind.

Set aside time for daily meditation or mindfulness practices to calm the mind, reduce stress, and enhance mental clarity.

Massage and Body Therapies:

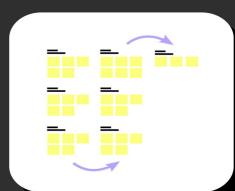
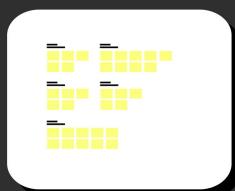
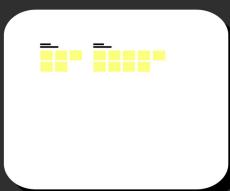
Ayurvedic massage, known as Abhyanga, is a popular therapy.

Perform self-massage with warm, dosha-specific oils before showering to nourish the skin, relax muscles, and promote overall well-being.

Pay attention to how, when, and where you eat. Eat in a calm and peaceful environment, savor each bite, and avoid overeating.

Consulting an Ayurvedic Practitioner: For a comprehensive Ayurvedic health plan, it's advisable to consult an Ayurvedic practitioner.

Consider Ayurvedic herbal supplements or teas that can help balance your dosha or address specific health concerns.



4

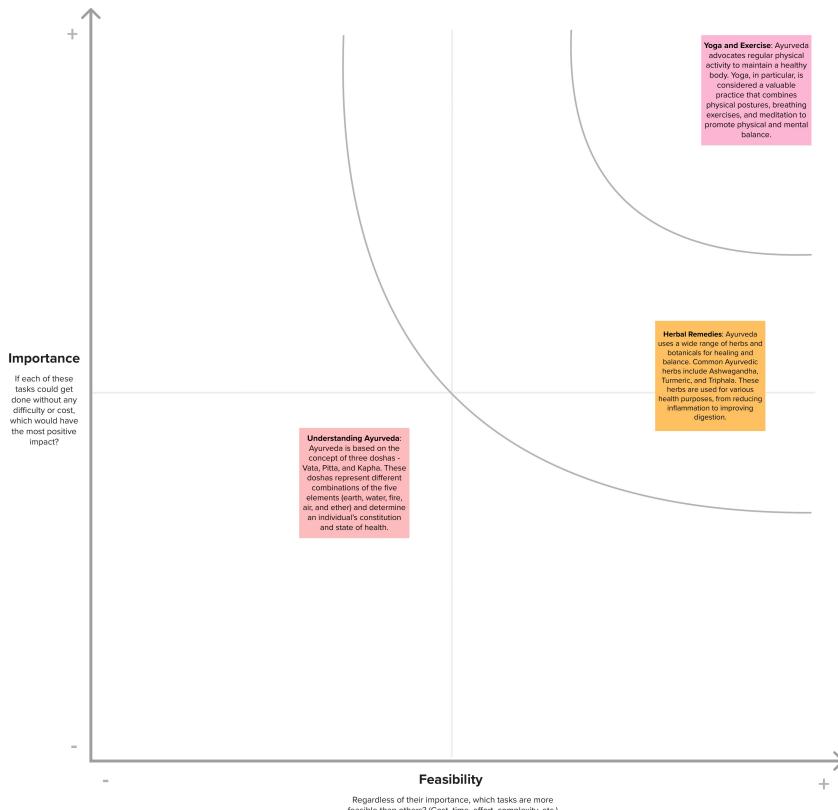
Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.

⌚ 20 minutes

TIP

Participants can use their cursors to point at specific sticky notes they'd like to go on the grid. The facilitator can confirm the spot by using the laser pointer holding the **H** key on the keyboard.



5

After you collaborate

You can export the mural as an image or pdf to share with members of your company who might find it helpful.

Quick add-ons

A Share the mural
Share a view link to the mural with stakeholders to keep them in the loop about the outcomes of the session.

B Export the mural
Export a copy of the mural as a PNG or PDF to attach to emails, include in slides, or save in your drive.

Keep moving forward

Strategy blueprint
Define the components of a new idea or strategy.

[Open the template →](#)

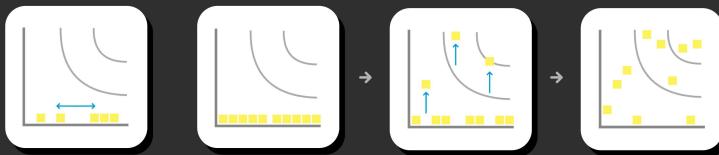
Customer experience journey map
Understand customer needs, motivations, and obstacles for an experience.

[Open the template →](#)

Strengths, weaknesses, opportunities & threats
Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.

[Open the template →](#)

[Share template feedback](#)



3. Results

1. Home page



2. About Page

OUR MISSION IS TO GUIDE AND INSPIRE INDIVIDUALS TO REDISCOVER THE PATH TO OPTIMAL HEALTH WHICH RECOGNIZES THAT TRUE HEALTH IS NOT MERELY THE ABSENCE OF DISEASE BUT THE PRESENCE OF VITALITY IN BODY, MIND, AND SPIRIT.

Ayurvedic Healing Therapy!

CONTACT US

3.

Our services



AYURVEDIC RETREATS



AYURVEDIC WORKSHOPS
AND CLASSES



SHIRODHARA



AYURVEDIC
CONSULTATIONS



AYURVEDIC BEAUTY
AND SKINCARE
TREATMENTS



HERBAL REMEDIES AND
SUPPLEMENTS



DETOK AND WEIGHT
MANAGEMENT
PROGRAMS



YOGA AND PRANAYAMA
PRACTICE

4.

Healing Programs & Workshops



Lifestyle and Nutrition

Discover how the right diet can be a powerful tool for healing and balancing your doshas.

Our nutrition experts will guide you in making dietary choices that promote health and vitality.



Home Remedies and Ayurvedic

We offer a selection of high-quality Ayurvedic herbal remedies and supplements.

These natural products are carefully chosen to support your health and well-being.



Wellness Programs

Embrace the mind-body connection through yoga and meditation practices tailored to your dosha.

Our instructors will help you develop a practice that enhances your physical and mental balance.





Nutrition Coaching

Share your product or service offerings here. Give your prospective clients an overview of why they should use it. Differentiate it from the others listed on this page.



Sports Nutrition

Share your product or service offerings here. Give your prospective clients an overview of why they should use it. Differentiate it from the others listed on this page.



Women's Health

Share your product or service offerings here. Give your prospective clients an overview of why they should use it. Differentiate it from the others listed on this page.



Weight Loss

Share your product or service offerings here. Give your prospective clients an overview of why they should use it. Differentiate it from the others listed on this page.

***Our programs take dietary restrictions for health, religious, or personal reasons into consideration.**

6.



Physical Well-being

What sets you apart from your competition? Is it your offerings? Your philosophies? Or your values? Whichever it is, highlight them on this page as separate pillars that build hold your brand aloft.



Mental Support

What sets you apart from your competition? Is it your offerings? Your philosophies? Or your values? Whichever it is, highlight them on this page as separate pillars that build hold your brand aloft.



Environmental Wellness

What sets you apart from your competition? Is it your offerings? Your philosophies? Or your values? Whichever it is, highlight them on this page as separate pillars that build hold your brand aloft.

7.

Good health starts from within.



Accredited Professionals

- "Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- "Prakriti: Your Ayurvedic Constitution" by Dr. Robert Svoboda
- "The Ayurvedic Self-Care Handbook" by Sarah Kucera
- "The Everyday Ayurveda Cookbook" by Kate O'Donnell



Science-Backed Strategies

- **Database of Scientific Research**
- **Integration of Clinical Studies**
- **Content Collaboration with Expert**
- **Regular Updates and Reviews**
- **Herbal Safety Information**
- **Guidelines for Self-assessment**
- **User Feedback Mechanism**
- **Dietary Plans**



Personalized Holistic Approach

- **Ayurvedic Remedy Recommender**
- **Virtual Consultations**
- **Dosha Assessment**
- Develop a tool that recommends Ayurvedic remedies, herbs, and supplements based on the user's dosha, imbalances, and health goals.

8.

Why Work with Us



8

This page is great for sharing numbers and details.

7

You can also show percentages, ratios, or estimates.

15

This page is great for sharing numbers and details.

30+

You can also show percentages, ratios, or estimates.

9.

Kind Words from Happy Clients



"I have been on a remarkable journey of healing and self-discovery through Ayurveda with [Your Website Name]. The entire experience has been life-changing, and I can't express my gratitude enough.

Keith S.



I can't recommend them enough for anyone seeking natural, holistic, and effective solutions to their health concerns. Thank you for being a guiding light on my path to wellness."

Carly F.



I feel more in tune with my body, mind, and spirit than ever before. The team at [Your Website Name] has been knowledgeable, compassionate, and committed to my health and happiness.

Douglas G.

10.

Book a consultation today!

[contact us](#)

[Phone](#)

9562341546

[Email](#)

healinghandbook6@gmail.com

[Social media](#)



11.

Our Commitments

WE UNDERSTAND THAT HEALTH IS A DEEPLY PERSONAL JOURNEY, AND WE ARE HONORED TO BE PART OF YOURS. OUR COMMITMENT IS TO BE YOUR GUIDING LIGHT, OFFERING PERSONALIZED AYURVEDIC GUIDANCE THAT RESONATES WITH YOUR UNIQUE CONSTITUTION AND NEEDS.

THANK YOU FOR CONSIDERING **AYURVEDIC HEALING THERAPY** AS YOUR PARTNER IN AYURVEDIC HEALING. WE LOOK FORWARD TO SUPPORTING YOU ON YOUR PATH TO WELL-BEING AND INVITE YOU TO EXPLORE THE TRANSFORMATIVE WORLD OF AYURVEDA WITH US.

3. Advantages

Holistic Health Promotion: Ayurveda focuses on holistic well-being, addressing physical, mental, and spiritual health. A website can provide a wealth of information and resources to help individuals achieve balanced health.

Natural Healing: Ayurveda emphasizes natural remedies, herbs, and lifestyle changes to promote healing. The website can educate users about natural alternatives to conventional medicine.

Personalized Guidance: Websites can offer personalized recommendations based on users' health concerns and body types, helping individuals tailor Ayurvedic practices to their specific needs.

Dis advantages

Quality Control: Ensuring the accuracy and quality of information on the website can be challenging, as not all sources may be reliable or evidence-based.

Legal and Ethical Concerns: Different regions have varying regulations and ethical considerations related to Ayurvedic practices. The website should navigate these complexities carefully.

Canva Website Link :

<https://ayurvethichealing.my.canva.site/therapy>

Facebook link:

<https://www.facebook.com/ayurvedicheals>