What is Ayurveda?

- **Ayurveda**, a sister science of yoga, is a traditional Hindu system of medicine (dating beyond 5000 years) focusing on preventative healthcare, detoxification and longevity. Native to India, Ayurveda means, Ayu – "life" and Veda – "knowledge or science", so it can be interpreted as the **"science of life"**. Ayurveda is mankind's oldest healing system, using foods, herbs, oils, stones, yoga and meditation to maintain doshic balance. Ayurveda brings the body, mind and spirit into balance so you may live in harmony with your true nature.

Principles of Ayurveda

- Ayurveda states that each of us is made up of a combination of the five elements: ether (space), air, fire, water and earth. Our individual bodily make-up, or constitution, when honored allows us to live in harmony and serenity. The five elements then pair-up into three combinations (known as doshas – Vata, Pitta & Kapha) to form the primary forces of nature.