

Why Ayurveda?

Originating in 5000BC, Ayurvedic solutions continue to help people live healthier lives by offering simple solutions to complex health issues.

[Explore more](#)

Private Ayurvedic Consults

An in-depth personalized conversation and guidance on every aspect of physical health, mental & emotional balance, spiritual well-being. Guidance on diet and lifestyle changes, daily routines, seasonal routines that brings one in balance with oneself & the environment. Participate in this wisdom to optimize your digestive health which is where every Dis-ease stems or Health flourishes.

**Where-Garden Of Yoga, La Grange
How much-Different packages
available.Contact for info.**

**[part of the fees generated will be
funding my charity projects for well
being and education of 'child laborers'
Consultation hrs-Tuesdays 1 to 3.30 and
Sundays 2 to 4pm**

**Contact Toral Bhansali, Ayurvedic
Health Consultant Intern at
mindbodyspiritconnect1@gmail.com or
call-630.400.9847**