



A

YUUR

VE

DA

BY
Andi
Vatika

PACKAGE

● **SPECIAL**

ayurvedavatika.com



INCLUDES:

- 1. “AYURVEDA: PHILOSOPHY AND SEASONAL RECIPE BOOK”**
(E-BOOK)
- 2. “INNER BEAUTY: RETHINKING BEAUTY FROM AN AYURVEDIC LENS”** (E-BOOK)
- 3. 90-MINUTE AYURVEDIC CONSULTATION WITH ANDI**
(VIDEO CALL)
- 4. 30-MINUTE AYURVEDIC FOLLOW-UP**
(30 DAYS AFTER THE AYURVEDIC CONSULTATION)

PACKAGE PRICE:

\$99

1. “AYURVEDA: PHILOSOPHY AND SEASONAL RECIPE BOOK” (E-BOOK)

You will find seasonal, vegan, gluten and sugar-free recipes (accompanied by professional photos). Also, an Ayurveda Quiz to reveal your own dosha (bio-type), along with tips to begin developing a modern Ayurvedic lifestyle.

2. “INNER BEAUTY: RETHINKING BEAUTY FROM AN AYURVEDIC LENS” (E-BOOK)

This new project is inspired by a 3,500-year-old Ayurvedic beauty manual and adapted to today's world. This book presents the Ayurvedic view on beauty, offering the idea of beauty as the result of certain conscious and healthy lifestyle choices.

3. 90-MINUTE AYURVEDIC CONSULTATION WITH ANDI (VIDEO CALL)

We will work to improve your quality of life, going over diet, quality of sleep, schedule and activities, workout and relaxation, as well as spiritual practices.

4. 30-MINUTE AYURVEDIC FOLLOW-UP (30 DAYS AFTER THE AYURVEDIC CONSULTATION)

You'll have about a month to put into practice what was observed in the consultation, and then we'll have a follow-up session with the intention to clear any doubts and enhance your Ayurvedic path.



A YUR VE DA

PACKAGE
● **SPECIAL**

CLICK TO CONTACT ME

@ANDI_VATIKA

VATIKA.ANDI@GMAIL.COM

Andi Vatika has been practicing and teaching Yoga and Ayurveda for over 17 years. She studied in India, NYC, and Buenos Aires. Besides being a certified Yoga teacher and an Ayurveda life coach, she is also a translator in literature and writes poetry. She has published two poem books, as well as two Ayurveda books. Andi is the creator of Epione Juice, an Ayurvedic juice and snack bar based in Brooklyn, NY. She lives in Punta del Este, Uruguay.

ayurvedavatika.com