

An outdoor event space set up on a grassy lawn. A large white canopy is strung across the top, supported by ropes. Underneath, three small wooden tables are arranged, each with various items on them, including colorful boxes and bottles. In the foreground, a wooden pallet table holds several bright green tote bags, some with orange juice, and a few blue and white cushions. The background shows lush green trees and a clear blue sky.

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YOUR AYURVEDIC COSTITUION AND HEALTH AND WELLNESS DEVICE:

Administration of the test to understand the costitution

Ayurveda and 5 major elements: ether, air, fire, water and earth

Vata, Pitta and Kapha: physical characteristics, habits and attitudes

Health and wellness tips:

- ✓ diet
- ✓ herbs and spices
- ✓ physical exercise
- ✓ type of yoga practice and which asana and pranayama: *that you can practice together*
- ✓ good daily habits
- ✓ lifestyle
- ✓ attention points

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USE OF VOICE: SOUND AND MANTRA

VIBRATION AND SOUND

Breathing

Relaxing your body

Mantra

Exchange: offering the sound to another person

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THE SECRETS OF HERBS AND SPICES

Ginger, turmeric, cumin, cinnamon, ecc.

Which properties they have

How to use them

Some recipes

Alternative uses

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FOOT MASSAGE

Introduction to plantar reflexology

Guided foot self-massage

Exchange: Guided foot massage in couple

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DINCHARYA: THE GOOD DAILY HABITS ACCORDING TO AYURVEDA TO LIVE IN HARMONY AND HEALTH

Introduction: what ayurveda is

Connection between 5 major elements and the 5 senses

The clearing of the 5 sensory organs : tounge cleaner, nose cleansing, rose water for eyes, etc.

Water and lemon fasting

Practice and meditation

What are the best times for: exercises, for work, for meals and for the rest

Body oiling and self-massage

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SIMPLE MESSAGE AND EXCHANGE

Introduction to touch and massage

Demonstration of manual work that is easy to perform

Guided exchange: massage in paris

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FACE: MASK AND MASSAGE OR SELF-MASSAGE

Introduction

Let's prepare a natural mask together

Application of the mask

Massage or self-massage the face

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