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One of the most important principles of Ayurveda is that of balance; one aspect of balance is the interplay between ourselves and the environment we live in. Through this workshop, discover daily self-care practices and considered cooking and food choices that enable us to connect deeper with ourselves and the world around us.

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Foreword. The concept of holistic health acknowledges that a human being is-and must be related to as-body, mind, and spirit. This concept has become an increasingly popular topic

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Maya Tiwari's Ayurveda - A Life of Balance, is an authoritative manual on the Vedic principles of health and nutrition, written by an expert in the field who has academic knowledge of the subject, is a practitioner and teacher with wide experience who can speak to both beginner and professional alike, and has personally transformed her life through her practices.

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Translated as the science of life, Ayurveda is an ancient system of healing from India. According to Ayurveda, our well-being is related to the balance between the body, mind, and spirit as well as our relationship to the external environment. Ayurveda believes in five elements: earth, fire, water, air, and ether/space.

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