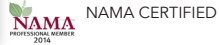




Meet Manas Kshirsagar

CERTIFIED AYURVEDIC PRACTITIONER,
GRADUATE OF ALOHA AYURVEDA ACADEMY,
B.S. IN HEALTH AND PHYSIOLOGY FROM
MAHARISHI UNIVERSITY OF MANAGEMENT



ABOUT MANAS

Manas comes from a Rig Vedic Bramhin tradition with an extensive Ayurvedic background and is an acclaimed Wellness Consultant. Providing a holistic approach to medicine, his philosophy of healing revolves around Diet, Yoga, Meditation, Detoxification, Nutrition & effective Stress Management. Call to book your appointment and take advantage of our introductory offers and memberships.

CHANGE YOUR LIFE

Manas provides Ayurvedic consultations where he will assess your diet, behavior, and daily routine to determine your current state of health and help to bring your body and mind back into balance as nature intended. Using an individualized approach, our certified Ayurvedic Health Professional will help you to achieve your health goals and to balance your mind, body, and spirit.

During this consultation, learn about the different cycles of nature and how they can be utilized in your daily life to bring you into alignment with nature and invite peace and harmony into your everyday activities.

Book Your Consultation

(916) 797-8550 or (916) 542-7363

Ayurvedic MEMBERSHIPS

An ayurvedic membership will help you achieve your health goals and balance your mind, body, and spirit.

As an Ayurvedic member, you will receive the following:

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- One Initial Ayurvedic Consultation upon enrollment (\$150 value)
- One Follow up Consultation Every Month (regularly \$75)
- Unlimited Soul Yoga (regularly \$80 monthly)
- One Ayurvedic Body Treatment Every Month (\$107 value)
- Access to Monthly Ayurvedic Webinar (\$50 value)
- 10% OFF merchandise and products
- 10% OFF additional spa services
- Exclusive member events

All memberships are on a 12 month agreement by EFT, some restrictions apply, cannot be combined with other offers. Terms subject to change.

Ayurveda

A HOLISTIC AND NATURAL MEDICINE

ROSEVILLE
(916) 797-8550

FOLSOM
(916) 542-7363

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What is Ayurveda?

Ayurveda is a 5,000-year-old system of natural healing that has its origins in the Vedic culture of India. Although suppressed during years of foreign occupation, Ayurveda has been enjoying a major resurgence in both its native land and throughout the world. Tibetan medicine and Traditional Chinese Medicine both have their roots in Ayurveda. Early Greek medicine also embraced many concepts originally described in the classical ayurvedic medicinal texts dating back thousands of years.

More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vital while realizing their full human potential. Providing guidelines on ideal daily and seasonal routines, diet, behavior and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

Recognizing that human beings are part of nature, Ayurveda describes three fundamental energies that govern our inner and outer environments: movement, transformation, and structure. Known in Sanskrit as **Vata (Wind)**, **Pitta (Fire)**, and **Kapha (Earth)**, these primary forces are responsible for the characteristics of our mind and body. Each of us has a unique proportion of these three forces that shapes our nature. If Vata is dominant in our system, we tend to be thin, light, enthusiastic, energetic, and changeable. If Pitta predominates in our nature, we tend to be intense, intelligent, and goal-oriented and we have a strong appetite for life. When Kapha prevails, we tend to be easy-going, methodical, and nurturing. Although each of us has all three forces, most people have one or two elements that predominate.

Our approach to health and wellbeing fuses the ancient wisdom of Ayurveda with modern spa rituals. We offer ayurvedic lifestyle consultations and body rituals. We also teach the practical tools and techniques of Ayurveda at all of our programs and workshops. **Bring Ayurveda into Your Life.**

What is Your Dosha?

VATA:

Responsible for all movement in the body and is the most important of the three doshas. Vata is a combination of air and space.

- All eliminations
- various metabolisms in the body
- Controls various movement of body (both physical & mental)
- Relays all sensory input

PITTA:

Associated with fire or heat Pitta is responsible for all metabolisms in the body. Pitta is mostly fire with some water.

- Thermogenesis
- Vision
- Appetite
- Comprehension
- Complexion

KAPHA:

Provides the structure and the lubrication that the body needs. Kapha is mostly water with some earth.

- Strength
- Oleation & Lubrication
- Stability
- Mass & Structure
- Fertility & Virility

*Schedule a consultation to get a more in-depth analysis of your personal dosha type,