

ARUNACHALA YOGA & AYURVEDA

CONSULTATIONS • THERAPY • TREATMENT



Ayurveda: This ancient medical system from India is perhaps the most complete holistic system we have today. Believed to have been gifted to humanity by the devas (celestial beings), it lays as important an emphasis on prevention and maintenance as it does on reversal and eradication of diseased states.



Panchakarma: This “jewel in the crown” of Ayurveda is based on the unique concept of detoxification and rejuvenation as the ultimate tool for maintenance of health and prevention and reversal of disease. Its five therapies are coupled with oil treatments and herbal steam to gently gather and remove toxins from the body and mind, leaving us feeling rejuvenated and vibrant.



Yoga: While we know yoga today as beneficial for the integrative health of body, mind and spirit, it was originally conceived as the ultimate pathway to enlightenment. As such, its effects are as much psychological as they are physical.



Arun Deva: A Diplomate in Ayurveda and a longtime yoga therapist/teacher, Arun bases his yoga on Ayurvedic and ancient yogic teachings, staying true to the original intentions of the seers of old. He has a clinical practice in West Hollywood where he sees Ayurvedic clients and teaches yoga privately. He can also be found teaching at Liberation Yoga and is the author of numerous articles, has appeared on TV and radio shows, gives lectures and teaches workshops locally and internationally.

West Hollywood, California

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SEVA

**Initial Consultation
& Individualized Program (2 sessions):** \$250

**General
& Follow Up Consultations:** \$100 per hour

Marma Chikitsa Session: \$70

Shirodhara: \$80
5 day course: \$350 (save \$50)



One on One Yoga: \$90 per hour
(additional for outcalls as
per distance)

Yoga Therapy Sessions: \$90 per hour
(minimum 2 sessions
a month)

Bliss Treatment: A one day panchakarma
\$225

Panchakarma

5 and 7 day programs: Call for price (10% discount with this card).
Involves the following treatments

Abhyanga: warm herbalized oil is synchronously massaged into the body by two therapists, creating a deep state of relaxation and allowing for deep cleansing.

Swedana: An herbalized steam treatment that follows abhyanga and furthers the process of relaxation and cleansing.

Nasya: Oiling of the nose, which is the pathway to the senses. Helps with all upper respiratory functions.

Karna Purna: Oiling of the ears.

Shirodhara: Warm herbalized oil is rhythmically poured across the forehead in a steady stream. Said to help with all neurological and psychosomatic issues.

Marma Chikitsa: The energy points of the body, marmas when manipulated, can activate the flow of blocked energy.

In this treatment we focus mainly on the marmani of the face.