Om Ayurveda

WE ARE HERE TO CARE FOR YOU

JOINT CARE NATURALLY

WITH AYURVEDA

Move Freely • Live Comfortably • Age Gracefully

Relieve pain, reduce inflammation and improve mobility with authentic Ayurvedic care and holistic therapies.

OUR JOINT CARE APPROACH

- Personalized Ayurvedic Consultation
- Herbal Therapies
- Abhyanga (Therapeutic Oil Massage)
- Gentle Yoga & Stretching
- Joint Mobility Exercises
- Anti-Inflammatory Ayurvedic Diet
- Lifestyle Guidance
- Vedic Mantra Chanting for Relaxation
- Home Wellness Plans
- Monthly Wellness Memberships

Reduces Pain & Stiffness

Improves Flexibility & Mobility

Enhances Strength & Balance

Promotes Overall Well-being

Supports Long-term Joint Health

BOOK YOUR CONSULTATION TODAY

+91 7904218828 | +91 9405225604

www.omayurveda.org | info@omayurveda.org

19, Nirmal Block C, Visthapit Colony, Rishikesh – 249202

Best Care | MOTHER EARTH TRAVEL AND TOURISM | goditsyou.net Connecting with Inner God | Om Ayurveda

MUSCLE STRENGTH & FLEXIBILITY

BUILD STRENGTH. IMPROVE FLEXIBILITY.
LIVE WITH VITALITY.

NATURAL CARE • HOLISTIC HEALING • LASTING RESULTS

Ayurveda offers a complete approach to improve muscle strength, flexibility, balance and stamina through authentic therapies, herbal wellness, yoga, nutrition and lifestyle guidance.

BUILDS STRENGTH | IMPROVES FLEXIBILITY | ENHANCES BALANCE | BOOSTS STAMINA

OUR AYURVEDIC THERAPIES FOR STRENGTH & FLEXIBILITY

ABHYANGA
Therapeutic oil massage that nourishes muscles, improves circulation and relieves stiffness.

PIZHICHIL
Warm herbal oil therapy that improves flexibility, strength and reduces pain.

KIZHI
Herbal poultice therapy that relieves muscle tension, inflammation and improves mobility.

UDVARTANA
Herbal powder massage that tones muscles, reduces fat and improves circulation.

NASYA
Helps clear sinus, improves breathing and relaxes neck and facial muscles.

HERBAL SUPPORT
Powerful Ayurvedic herbs to support muscle health, recovery and vitality.

BENEFITS OF MUSCLE STRENGTH & FLEXIBILITY CARE

- Improves muscle strength and endurance
- Enhances flexibility and range of motion
- Relieves muscle stiffness and tension
- Supports balance, coordination and posture
- Improves blood circulation and oxygenation
- Enhances athletic performance
- Reduces risk of injuries
- Boosts energy, vitality and overall well-being
- Supports healthy aging and active living

OUR HOLISTIC APPROACH

Personalized Consultation & Assessment

Yoga & Pranayama

Ayurvedic Nutrition

Herbal Remedies & Supplements

Lifestyle Guidance & Stress Management

NUTRITION FOR STRONG MUSCLES

Balanced Ayurvedic diet with protein-rich foods, warm cooked meals, healthy fats, herbs and spices that nourish muscles, improve recovery and support flexibility.

WHO CAN BENEFIT?

Fitness Enthusiasts & Athletes

Office Professionals

Seniors & Healthy Aging

Yoga Practitioners

Active Individuals

People with Stiffness or Weakness

"Strong muscles.
Flexible body.
Healthy life."

TAKE THE FIRST STEP TOWARDS STRENGTH & FLEXIBILITY

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WE ARE HERE TO CARE FOR YOU

SOCIAL CONNECTION & COMMUNITY

Stronger Together • Healthier Together • Happier Together

Meaningful relationships and supportive communities nourish the mind, body and soul.

At Om Ayurveda, we encourage connection, compassion and community through personalized care, group activities, holistic wellness programs and shared experiences that promote well-being, joy and healthy living.

- Builds Meaningful Relationships
- Supports Emotional Well-Being
- Reduces Stress & Loneliness
- Encourages Healthy Lifestyle
- Strengthens Community Bonding
- Enhances Happiness & Quality of Life

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya) Advice
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

COMMUNITY WELLNESS ACTIVITIES

- Group Yoga
- Pranayama
- Meditation
- Vedic Chanting
- Healthy Sattvic Meals
- Nature Walks
- Cultural Events
- Workshops & Learning
- Community Service

BENEFITS OF SOCIAL CONNECTION

- Improves emotional well-being
- Reduces stress and anxiety
- Enhances happiness and positivity
- Encourages healthy lifestyle habits
- Strengthens immune function
- Improves cognitive health
- Provides a sense of belonging
- Supports healthy aging
- Creates lasting friendships
- Inspires personal growth
- Enhances overall quality of life

HEALTHY HABITS, STRONGER COMMUNITY

- Eat Healthy
- Stay Active
- Sleep Well
- Stay Hydrated
- Practice Gratitude
- Be Kind

AYURVEDIC SUPPORT FOR CONNECTION & WELL-BEING

- Ashwagandha (Stress Support)
- Brahmi (Mental Clarity)
- Shankhpushpi (Memory Support)
- Tulsi (Purifies Mind)
- Rose Tea (Mood Uplifter)
- Jatamansi (Calming Herb)

* Use herbs under the guidance of an Ayurvedic expert.

TOGETHER WE GROW, TOGETHER WE HEAL

"Alone we can do so little;
together we can do so much."

OUR HOLISTIC APPROACH

- Peresnalized Care
- Yoga & Pranayama
- Herbal Support
- Mindfulness & Meditation
- Nutrition Guidance
- Lifestyle Support

Experience authentic Ayurveda, meaningful connections and a supportive community in the peaceful surroundings of Rishikesh.

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AUTHENTIC AYURVEDA
HOLISTIC CARE, NATURAL HEALING

- AUTHENTIC AYURVEDIC CARE
- EXPERIENCED AYURVEDIC DOCTORS
- PERSONALIZED TREATMENT
- NATURAL & SAFE THERAPIES
- HOLISTIC CARE FOR BODY, MIND & SOUL
- PEACEFUL ENVIRONMENT IN RISHIKESH

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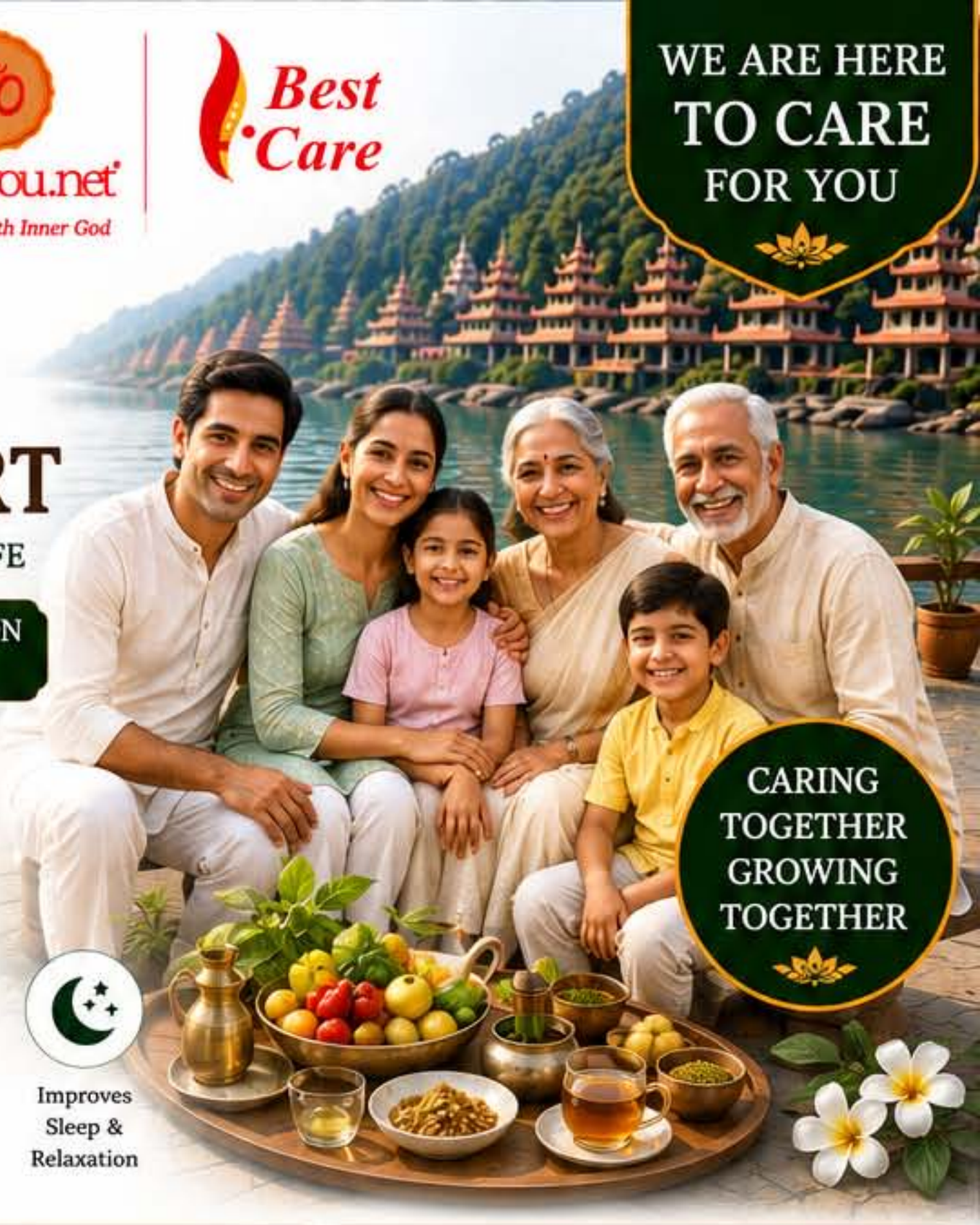
FAMILY WELLNESS SUPPORT

HEALTHY FAMILY • HEALTHY HABITS • HAPPY LIFE

HOLISTIC AYURVEDIC CARE FOR EVERY GENERATION
TOGETHER TOWARDS A HEALTHIER TOMORROW



At Om Ayurveda, we support your family's well-being through personalized Ayurvedic care, healthy nutrition, yoga, meditation, and positive lifestyle habits for a balanced body, calm mind, and joyful life.

- Strengthens Family Bonding
- Supports Overall Well-being
- Boosts Immunity Naturally
- Promotes Emotional Balance
- Encourages Healthy Lifestyle
- Improves Sleep & Relaxation

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya) Advice
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

HOLISTIC FAMILY WELLNESS

- Healthy Nutrition
- Yoga & Pranayama
- Meditation & Mindfulness
- Herbal Care
- Emotional Well-being
- Quality Time Together

NOURISHING BODY • CALMING MIND • CARING HEART

Building lifelong healthy habits for every member of your family.

DAILY HABITS FOR A HEALTHY FAMILY

- Wake up early & practice gratitude
- Eat fresh, seasonal & sattvic meals
- Stay active with yoga or exercise
- Spend quality time with loved ones
- Reduce screen time & digital detox
- Stay hydrated & choose natural drinks
- Sleep on time & get quality sleep
- Practice kindness, sharing & respect

AYURVEDIC NUTRITION FOR ALL AGES

Balanced meals with fresh, seasonal, locally sourced & Ayurvedic foods to build immunity and vitality.

BENEFITS OF FAMILY WELLNESS

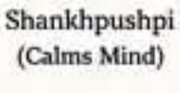
- Improves overall health & immunity
- Strengthens family relationships
- Supports physical & mental well-being
- Promotes healthy growth in children
- Supports healthy aging in seniors
- Encourages positive lifestyle habits
- Creates a happy, peaceful home environment

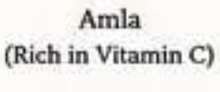
HERBAL SUPPORT FOR THE FAMILY

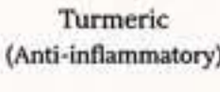
Ashwagandha (Strength & Vitality)

Brahmi (Brain & Memory)

Tulsi (Immunity Booster)


Shankhpushpi (Calms Mind)


Amla (Rich in Vitamin C)


Turmeric (Anti-inflammatory)

* Herbs used under the guidance of an Ayurvedic expert.

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A HAPPY FAMILY IS A HEALTHY FAMILY

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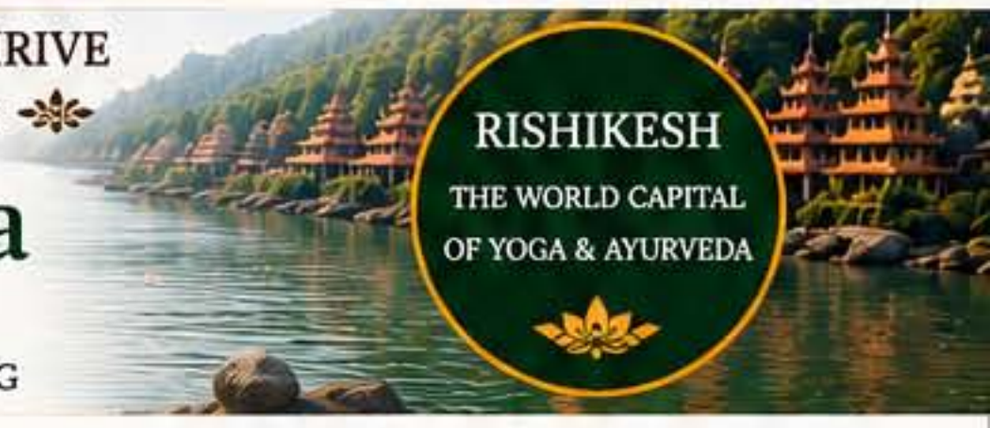

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PERSONALIZED TREATMENT
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CAREGIVER EDUCATION

Knowledge • Compassion • Holistic Care

EMPOWERING CAREGIVERS TO PROVIDE LOVING, SAFE & HOLISTIC CARE

Caregivers make a meaningful difference in the lives of their loved ones. Our Caregiver Education Program combines Ayurvedic wisdom with practical skills to support better care and well-being for both caregivers and care recipients.

- KNOWLEDGE BUILDS CONFIDENCE
- COMPASSION BUILDS CONNECTION
- SKILLS ENSURE SAFETY
- SELF-CARE PREVENTS BURNOUT
- SUPPORT CREATES STRENGTH

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Care & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya) Advice
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

CAREGIVER EDUCATION TOPICS

- Understanding the care recipient's needs
- Nutrition & meal planning
- Personal hygiene & comfort care
- Mobility support & safe transfers
- Fall prevention & home safety
- Medication reminders & management
- Emotional support & communication
- Daily routine & healthy habits
- Stress management for caregivers
- Self-care & wellness for caregivers
- When to seek professional help

HOLISTIC CARE FOR YOUR LOVED ONES

- Sattvic Nutrition
- Herbal Support
- Hydration & Warm Water
- Gentle Exercise
- Yoga & Pranayama
- Meditation & Relaxation
- Quality Sleep
- Emotional Well-being

CARING FOR OTHERS. CARING FOR YOURSELF.

A healthy caregiver is the foundation of quality care and a happy family.

DAILY HABITS FOR CAREGIVERS

- Wake up early & practice gratitude
- Eat wholesome, balanced meals
- Stay hydrated
- Take short breaks & breathe
- Practice yoga or gentle stretching
- Meditate for a calm mind
- Get enough rest & sleep
- Ask for help when needed
- Stay positive & be kind to yourself

BENEFITS OF CAREGIVER EDUCATION

- Improves caregiving skills & confidence
- Enhances safety & reduces stress
- Supports better health for care recipients
- Strengthens relationships
- Promotes emotional well-being
- Prevents caregiver burnout
- Encourages healthy lifestyle habits
- Creates a peaceful home environment

AYURVEDIC SUPPORT FOR CAREGIVERS

- Ashwagandha (Stress Support)
- Brahmi (Mental Clarity)
- Shankhpushpi (Memory Support)
- Tulsi (Immunity Booster)
- Turmeric (Anti-inflammatory)
- Rose Tea (Calming)

* Use herbs under the guidance of an Ayurredic expert.

OUR HOLISTIC APPROACH

- Personalized Care
- Ayurvedic Consultation
- Yoga & Pranayama
- Herbal Support
- Lifestyle Guidance
- Ongoing Support

"Caregiving is not just about helping others, it's about bringing love, healing and dignity into their lives."

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HEALTHY RELATIONSHIPS

LOVE • RESPECT • TRUST • TOGETHERNESS

TOGETHER WE GROW
TOGETHER WE HEAL

STRONG RELATIONSHIPS BUILD A HAPPY, PEACEFUL & HEALTHY LIFE

Ayurveda believes that balanced mind, positive emotions, mindful communication and healthy daily habits nurture meaningful relationships and create harmony in family, friendship and community.

- Strengthens Emotional Bonding
- Improves Communication & Understanding
- Builds Trust & Mutual Respect
- Reduces Stress & Promotes Inner Peace
- Encourages Love, Compassion & Empathy
- Supports a Happy, Healthy Family Life

PERSONALIZED AYURVEDIC CONSULTATION

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DAILY HABITS FOR HEALTHY RELATIONSHIPS

- Wake up with gratitude
- Practice active listening
- Eat fresh, sattvic & mindful meals
- Spend quality time together
- Practice yoga & pranayama
- Meditate & stay positive
- Express appreciation daily
- Manage stress & emotions
- Support each other's dreams
- Forgive, let go & move forward
- Stay connected with family & friends
- Help & serve selflessly

AYURVEDIC PRACTICES FOR HARMONY

- Yoga
- Pranayama
- Meditation
- Sattvic Nutrition
- Herbal Support
- Positive Communication
- Quality Sleep
- Stress Management
- Gratitude & Mindfulness

BENEFITS OF HEALTHY RELATIONSHIPS

- Enhances happiness & life satisfaction
- Improves mental & emotional well-being
- Promotes better physical health
- Creates a supportive environment
- Strengthens family & friendships
- Encourages personal growth
- Inspires kindness & unity
- Brings peace & harmony in life

NOURISH RELATIONSHIPS WITH AYURVEDIC FOODS

- Fresh Fruits
- Nuts & Seeds
- Whole Grains
- Herbal Teas
- Warm Water

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Food cooked with love and gratitude
nourishes the body, mind and relationships.

HERBAL SUPPORT FOR EMOTIONAL WELL-BEING

- Ashwagandha (Reduces Stress)
- Brahmi (Calms Mind)
- Tulsi (Purifies Mind)
- Shankhpushpi (Improves Memory)
- Jatamansi (Promotes Relaxation)
- Rose Tea (Uplifts Mood)

* Use herbs under the guidance of an Ayurvedic expert.

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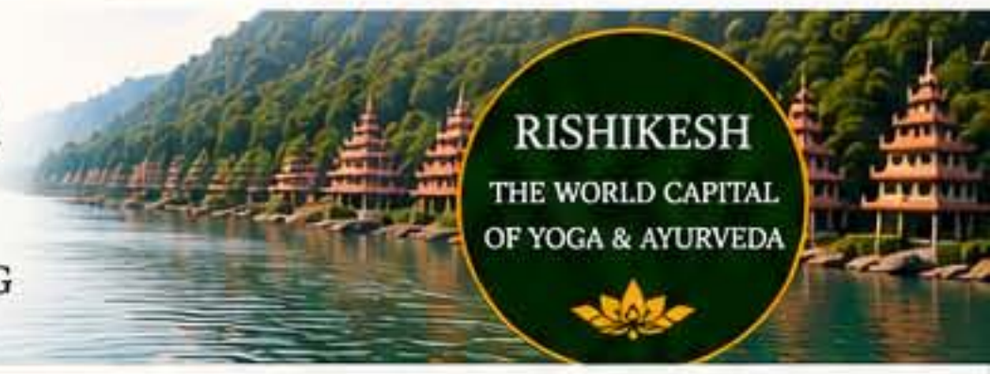

RISHIKESH
THE WORLD CAPITAL OF YOGA & AYURVEDA

- AUTHENTIC AYURVEDIC CARE
- EXPERIENCED AYURVEDIC DOCTORS
- PERSONALIZED TREATMENT
- NATURAL & SAFE THERAPIES
- HOLISTIC CARE FOR BODY, MIND & SOUL
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POSITIVE AGING MINDSET

AGE WITH GRACE • LIVE WITH JOY • THRIVE NATURALLY

A POSITIVE MINDSET, HEALTHY HABITS AND AYURVEDIC LIVING FOR A FULFILLING LIFE

Ayurveda believes that aging is a natural and beautiful journey. With the right care, nutrition, mindset and daily routine, we can enjoy good health, inner peace and purpose at every stage of life.

- Positive Mindset
- Healthy Lifestyle
- Balanced Nutrition
- Stay Active
- Meaningful Relationships
- Emotional Well-being
- Spiritual Growth

PERSONALIZED AYURVEDIC CONSULTATION

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DAILY HABITS FOR POSITIVE AGING

- Wake up early & practice gratitude
- Practice yoga, pranayama & meditation
- Eat fresh, sattvic & seasonal food
- Stay active with walking & stretching
- Engage in meaningful activities
- Connect with loved ones
- Learn new skills & stay curious
- Manage stress & stay positive
- Get enough rest & quality sleep
- Serve others & give back
- Live with purpose & gratitude

AYURVEDIC PRACTICES FOR WELL-BEING

- Yoga
- Pranayama
- Meditation
- Herbal Support
- Positive Thinking
- Stress Management
- Quality Sleep
- Healthy Nutrition
- Gratitude & Mindfulness

BENEFITS OF A POSITIVE AGING MINDSET

- Improves mental & emotional well-being
- Enhances immunity & physical health
- Promotes independence & confidence
- Strengthens family & social connections
- Encourages lifelong learning & growth
- Brings peace, happiness & fulfillment

NOURISH YOUR BODY, MIND & SOUL

- Sattvic Meals
- Herbal Teas
- Fresh Fruits
- Fruits
- Healthy Grains
- Warm Water

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Food cooked with love and gratitude nourishes the body, mind and relationships.

HERBAL SUPPORT FOR HEALTHY AGING

- Ashwagandha (Strength)
- Brahmi (Memory)
- Amalaki (Rejuvenation)
- Shankhpushpi (Brain Support)
- Guduchi (Immunity)
- Turmeric (Anti-inflammatory)

* Use herbs under the guidance of an Ayurvedic expert.

"Age is not just a number, it's a milestone of wisdom, experience and new possibilities. Embrace it with a positive mindset and healthy habits."

OUR HOLISTIC APPROACH

- Personalized Care
- Ayurvedic Guidance
- Yoga & Pranayama
- Healthy Nutrition
- Lifestyle Support
- Emotional Well-being

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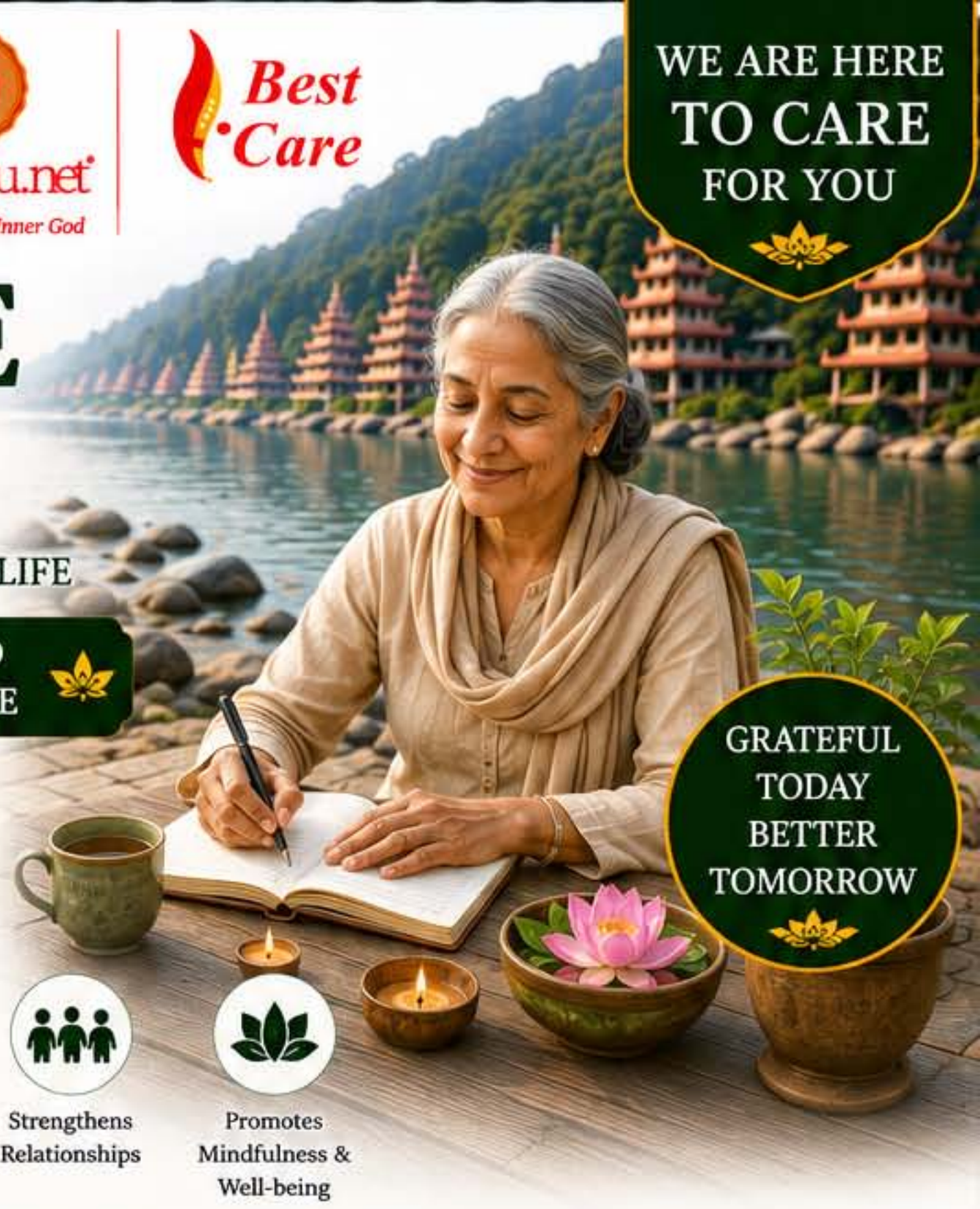
GRATITUDE PRACTICE

GRATEFUL HEART • PEACEFUL MIND • HAPPY LIFE



CULTIVATE GRATITUDE, MINDFULNESS AND AYURVEDIC LIVING FOR A MEANINGFUL LIFE

Gratitude transforms our perspective and brings joy, peace and harmony into our daily lives. Ayurveda encourages a grateful heart, healthy habits, balanced lifestyle and positive relationships for overall well-being.

- Brings Inner Peace
- Improves Mood & Happiness
- Reduces Stress & Anxiety
- Enhances Compassion & Kindness
- Strengthens Relationships
- Promotes Mindfulness & Well-being

PERSONALIZED AYURVEDIC CONSULTATION

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DAILY GRATITUDE PRACTICES

- Wake up with gratitude
- Maintain a gratitude journal
- Practice yoga & pranayama
- Meditate & stay mindful
- Eat fresh, sattvic & seasonal food
- Express appreciation daily
- Spend quality time with loved ones
- Help others & be kind
- Enjoy nature & simple moments
- End the day with thanks

AYURVEDIC PRACTICES FOR WELL-BEING

- Yoga
- Pranayama
- Meditation
- Mindfulness
- Herbal Support
- Positive Thinking
- Healthy Nutrition
- Quality Sleep
- Gratitude & Compassion

BENEFITS OF GRATITUDE PRACTICE

- Improves emotional well-being
- Enhances mental clarity
- Increases positivity & optimism
- Strengthens immune system
- Improves sleep quality
- Builds strong relationships
- Encourages a healthy lifestyle
- Supports long-term happiness

NOURISH YOUR BODY WITH GRATITUDE

- Fresh Fruits
- Sattvic Meals
- Herbal Teas
- Healthy Grains
- Warm Water

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Food cooked with love and gratitude nourishes the body, mind and soul.

HERBAL SUPPORT FOR WELL-BEING

- Ashwagandha (Strength)
- Brahmi (Memory)
- Tulsi (Purifies Mind)
- Shankhpushpi (Calms Mind)
- Jatamansi (Relaxes Mind)
- Turmeric (Anti-inflammatory)

* Herbs used under the guidance of an Ayurvedic expert.

Gratitude is the key to a peaceful mind, a healthy body and a meaningful life.
Be grateful.
Stay peaceful. Live fully.

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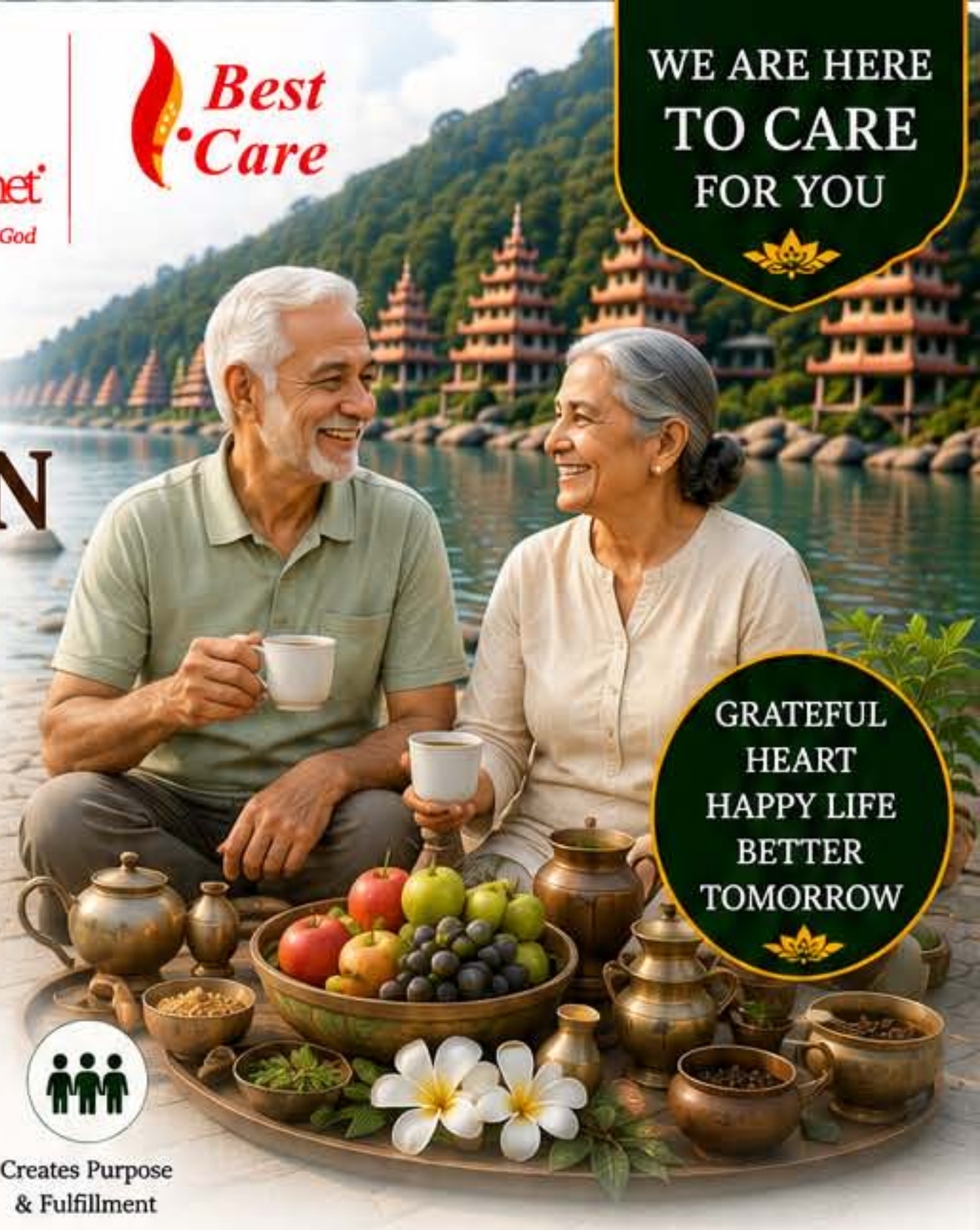

GRATEFUL HEART
HAPPY LIFE
BETTER TOMORROW

CULTIVATE HAPPINESS, GRATITUDE AND AYURVEDIC LIVING FOR A MEANINGFUL LIFE

Ayurveda believes true happiness comes from balance in body, mind and soul. With the right care, nutrition, mindset and daily habits, we can achieve inner peace, strong relationships and a joyful, satisfied life.

- Boosts Happiness
- Improves Well-being
- Reduces Stress & Anxiety
- Strengthens Relationships
- Increases Positivity
- Creates Purpose & Fulfillment

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya) Advice
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

DAILY HABITS FOR HAPPINESS

- Wake up with gratitude
- Eat fresh, sattvic & seasonal food
- Practice yoga, pranayama & meditation
- Spend quality time with loved ones
- Engage in meaningful activities
- Express appreciation & kindness
- Spend time in nature
- Limit screen time & avoid negativity
- Get enough rest & quality sleep
- End the day with gratitude

AYURVEDIC PRACTICES FOR WELL-BEING

- Yoga
- Pranayama
- Meditation
- Mindfulness
- Herbal Support
- Positive Thinking
- Healthy Nutrition
- Quality Sleep
- Gratitude & Compassion

BENEFITS OF HAPPINESS & LIFE SATISFACTION

- Improves mental & emotional well-being
- Supports heart & immune health
- Increases energy & vitality
- Enhances focus & productivity
- Builds resilience & optimism
- Strengthens relationships
- Encourages a long & healthy life
- Helps you live a purposeful life

NOURISH YOUR BODY, MIND & SOUL

- Sattvic Meals
- Herbal Teas
- Fresh Fruits
- Healthy Grains
- Warm Water

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Food cooked with love and gratitude nourishes the body, mind and soul.

HERBAL SUPPORT FOR WELL-BEING

- Ashwagandha (Strength)
- Brahmi (Memory)
- Tulsi (Purifies Mind)
- Shankhpushpi (Calms Mind)
- Jatamansi (Relaxes Mind)
- Turmeric (Anti-inflammatory)

* Herbs used under the guidance of an Ayurvedic expert.

"Happiness is not something ready made. It comes from your own actions. Live with gratitude, love with compassion and enjoy every moment."

RISHIKESH
THE WORLD CAPITAL OF YOGA & AYURVEDA

+91 7904218828
+91 9405225604
www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

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HOLISTIC CARE, NATURAL HEALING

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- AUTHENTIC AYURVEDIC CARE
- EXPERIENCED AYURVEDIC DOCTORS
- PERSONALIZED TREATMENT
- NATURAL & SAFE THERAPIES
- HOLISTIC CARE FOR BODY, MIND & SOUL
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SPIRITUAL WELLNESS

NOURISH YOUR MIND, BODY & SOUL

INNER PEACE • HIGHER AWARENESS
HOLISTIC LIVING

Ayurveda teaches us that true wellness comes from balance in body, mind and spirit. Through mindful living, yoga, meditation, sattvic nutrition, gratitude and compassionate actions, we can experience inner peace, purpose and a joyful life.

- Reduces Stress & Anxiety
- Enhances Inner Peace
- Improves Emotional Well-being
- Builds Positive Habits
- Strengthens Compassion & Relationships
- Increases Purpose & Gratitude

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya) Advice
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

SPIRITUAL WELLNESS PRACTICES

- Yoga & Gentle Movement
- Pranayama
- Meditation
- Vedic Mantra Chanting
- Mindfulness Practices
- Gratitude & Journaling
- Satsang & Spiritual Study
- Havan & Vedic Rituals
- Acts of Kindness
- Time in Nature
- Seva (Selfless Service)

AYURVEDIC SUPPORT FOR INNER BALANCE

- Sattvic Nutrition for Mind & Body
- Herbal Support for Mental Wellness
- Healthy Daily Routine for Balance
- Quality Sleep for Rejuvenation
- Detox & Panchakarma for Inner Purification

BENEFITS OF SPIRITUAL WELLNESS

- Promotes inner peace & clarity
- Enhances self-awareness
- Supports emotional balance
- Encourages positive thinking
- Strengthens resilience
- Builds compassion & empathy
- Increases life satisfaction
- Helps you live with purpose
- Supports overall well-being

NOURISH YOUR BODY WITH SATTVIC FOOD

- Fresh Ingredients
- Balanced Nutrition
- Light & Easy to Digest
- Boosts Energy
- Supports Mental Clarity

HERBAL ALLIES FOR SPIRITUAL WELL-BEING

- Ashwagandha (Calms Mind)
- Brahmi (Improves Memory)
- Tulsi (Purifies Mind)
- Shankhpushpi (Enhances Focus)
- Jatamansi (Promotes Relaxation)
- Turmeric (Purifies & Protects)

* Use herbs under the guidance of an Ayurvedic expert.

“The goal of life is to make your heart as beautiful as possible.”
– Sri Sri Ravi Shankar

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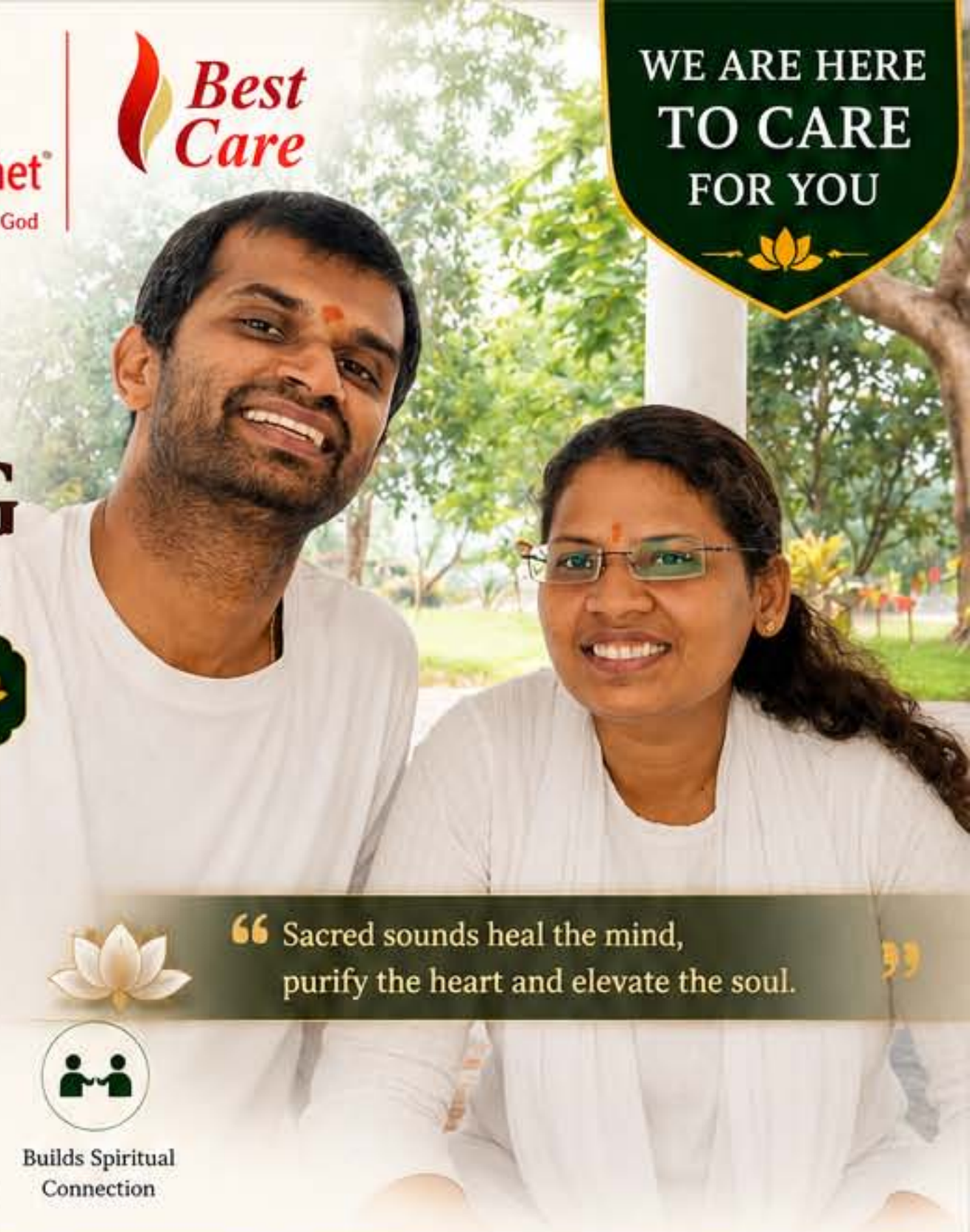
VEDIC MANTRA CHANTING

SACRED SOUND • INNER PEACE • SPIRITUAL GROWTH



EXPERIENCE THE POWER OF SACRED VIBRATIONS AND TRANSFORM YOUR LIFE

Vedic Mantra Chanting is an ancient spiritual science that purifies the mind, calms the emotions, and connects us with the Divine within. Learn authentic chanting with proper pronunciation, meaning, and traditional methods under expert guidance.

> "Sacred sounds heal the mind, purify the heart and elevate the soul."

- Purifies Mind & Body
- Improves Focus & Memory
- Reduces Stress & Anxiety
- Promotes Inner Peace
- Elevates Consciousness
- Builds Spiritual Connection

LEARN AUTHENTIC VEDIC CHANTING

- ✓ Traditional Guru-Shishya Parampara
- ✓ Correct Pronunciation & Swara (Tone)
- ✓ Meaning & Significance of Mantras
- ✓ Daily Practice & Discipline
- ✓ Vedic Chanting for All Ages

OUR CHANTING PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Introduction to Vedic Chanting
- Daily Vedic Mantra Sessions
- Yoga, Pranayama & Meditation
- Vedic Havan & Spiritual Practices
- Sattvic Nutrition Guidance
- Spiritual Wellness Education
- Home Practice & Guidance
- Ongoing Support & Follow-up

POWERFUL VEDIC MANTRAS WE CHANT

- ॐ Sri Rudram
- ॐ Purusha Suktam
- ॐ Sri Suktam
- ॐ Durga Suktam
- ॐ Gayatri Mantra
- ॐ Maha Mrityunjaya Mantra
- ॐ Shanti Mantras

and many more...

BENEFITS OF VEDIC MANTRA CHANTING

- Brings mental clarity & peace
- Enhances concentration & memory
- Balances emotions
- Supports emotional healing
- Creates positive vibrations
- Promotes spiritual growth
- Improves overall well-being

SUPPORTS HOLISTIC WELL-BEING

BODY	MIND	HEART	SOUL
(Health)	(Calmness)	(Compassion)	(Devotion)

When body, mind and soul are in harmony, life becomes joyful and meaningful.

EXPERIENCE IN THE SACRED LAND OF RISHIKESH

The peaceful energy of the Ganga, the Himalayas and ancient temples enhances your chanting practice and inner transformation.

JOIN US AND EXPERIENCE THE TRANSFORMATIVE POWER OF VEDIC MANTRA CHANTING

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- Authentic Guidance
- Holistic Approach
- Spiritual Healing
- Ayurvedic Lifestyle
- Peaceful Environment

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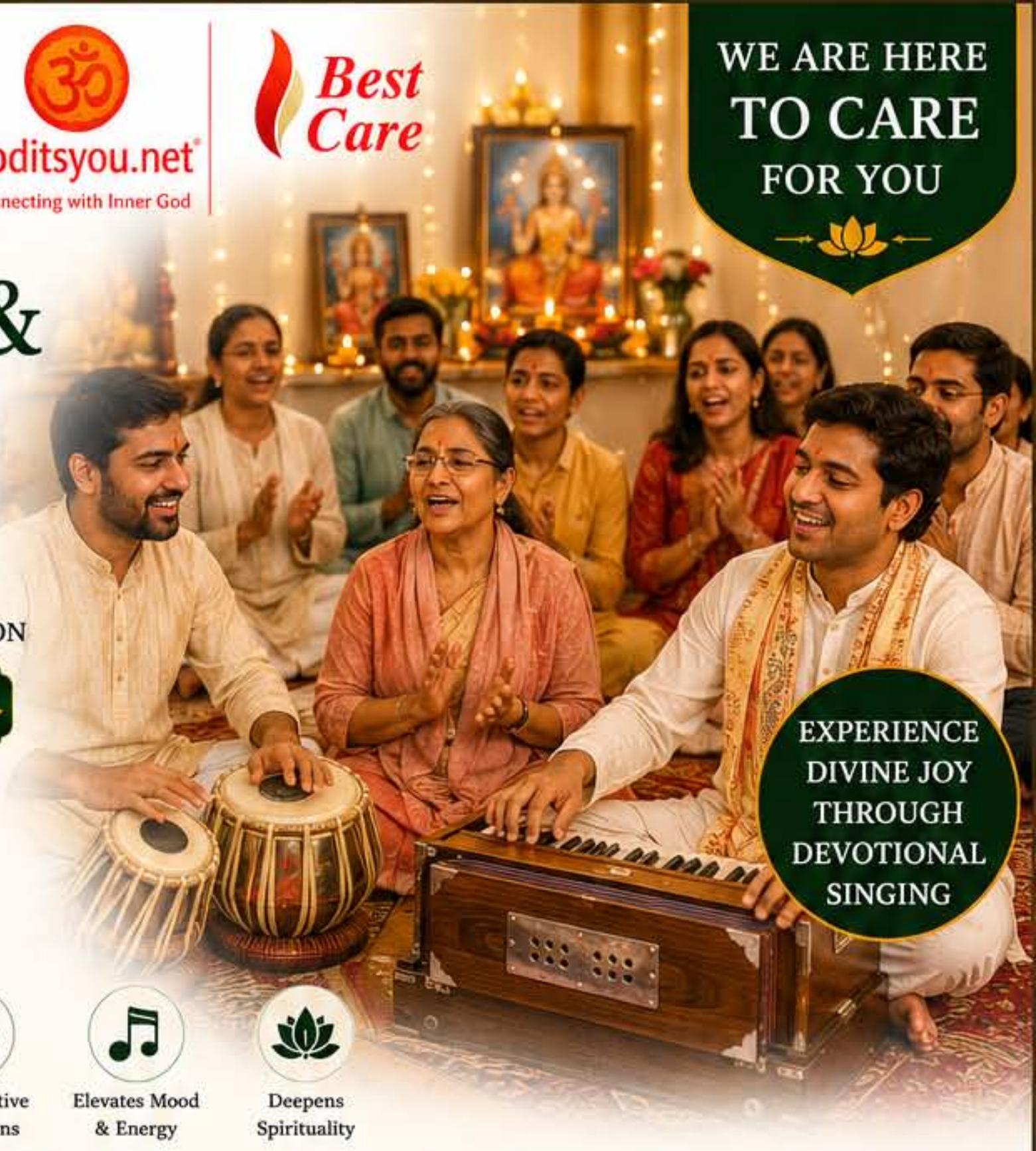
BHAJAN & KIRTAN SESSIONS

DEVOTION • JOY • PEACE • DIVINE CONNECTION

SING TOGETHER, PRAY TOGETHER, GROW TOGETHER

Bhajan and Kirtan fill the heart with devotion, peace and joy. Experience the uplifting power of sacred music, mantra chanting and spiritual togetherness in the peaceful atmosphere of Rishikesh.



EXPERIENCE DIVINE JOY THROUGH DEVOTIONAL SINGING

- Calms the Mind
- Opens the Heart
- Reduces Stress & Anxiety
- Builds Positive Connections
- Elevates Mood & Energy
- Deepens Spirituality

WHAT TO EXPECT

- Traditional Bhajans & Kirtans
- Mantra Chanting
- Harmonium, Tabla & Kartal
- Peaceful & Devotional Atmosphere
- All Ages Welcome
- No Prior Musical Experience Needed
- Feel the Bliss of Devotion

OUR SESSIONS INCLUDE

- Daily Bhajan & Kirtan
- Vedic Mantra Chanting
- Yoga & Pranayama
- Guided Meditation
- Satsang & Spiritual Talks
- Ganga Aarti Participation
- Ayurvedic Lifestyle Guidance
- Herbal Tea & Sattvic Refreshments

BENEFITS OF BHAJAN & KIRTAN

- Enhances mental peace & clarity
- Nourishes the heart with devotion
- Improves emotional well-being
- Encourages positivity & gratitude
- Strengthens spiritual connection
- Promotes relaxation & inner joy
- Creates a sense of community

Immerse in the divine vibrations of sacred music.

Connect with like-minded souls in a loving community.

Experience the serene energy of Rishikesh by the Ganga.

"When we sing His name with love, the heart becomes light and life becomes beautiful."

A HOLISTIC APPROACH TO SPIRITUAL WELL-BEING

- Ayurvedic Consultation
- Yoga & Pranayama
- Meditation & Mindfulness
- Sattvic Nutrition
- Natural & Safe Ayurvedic Care

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FALL PREVENTION & BALANCE TRAINING WITH AYURVEDA

STAY STEADY. STAY INDEPENDENT. LIVE CONFIDENT.

Ayurveda offers a holistic approach to improve balance, strength, coordination and flexibility to help prevent falls and support a healthier, safer and more independent life.

- IMPROVES BALANCE
- BUILDS STRENGTH
- ENHANCES FLEXIBILITY
- REDUCES RISK OF FALLS
- SUPPORTS INDEPENDENCE

OUR AYURVEDIC THERAPIES FOR BALANCE & STRENGTH

ABHYANGA

Therapeutic oil massage nourishes muscles, improves circulation and reduces stiffness.

PIZHICHIL

Warm herbal oil therapy improves flexibility, relieves tension and strengthens muscles.

KIZHI

Herbal poultice therapy relieves pain, reduces inflammation and improves mobility.

NASYA

Helps improve sinus health, mental clarity and overall well-being.

HERBAL SUPPORT

Powerful Ayurvedic herbs to strengthen muscles, improve vitality and promote balance.

BENEFITS OF FALL PREVENTION & BALANCE TRAINING

- Improves balance, coordination and stability
- Strengthens muscles and joints
- Enhances flexibility and range of motion
- Reduces risk of falls and injuries
- Improves posture and body alignment
- Boosts confidence and independence
- Supports brain function and reflexes
- Promotes healthy aging and active living

OUR HOLISTIC APPROACH

Personalized Consultation & Assessment

Yoga & Pranayama

Ayurvedic Nutrition

Herbal Remedies & Supplements

Lifestyle Guidance & Stress Management

BALANCE TRAINING INCLUDES

- Balance & coordination exercises
- Strength training for legs & core
- Flexibility & stretching routines
- Gait (walking) training
- Posture correction
- Breathing techniques
- Daily activity guidance

WHO CAN BENEFIT?

Seniors & Elderly

People with Weak Muscles

Recovering from Injury or Surgery

People with Balance Issues

Active Adults & Athletes

Anyone Who Wants to Stay Independent

FALL PREVENTION TIPS

- Keep floors clean and clutter-free
- Use handrails and support if needed
- Wear comfortable, non-slip footwear
- Ensure good lighting at home
- Stay active and do balance exercises daily
- Eat a nourishing, balanced diet
- Regular health check-ups

TAKE THE FIRST STEP TOWARDS A SAFER, HEALTHIER YOU

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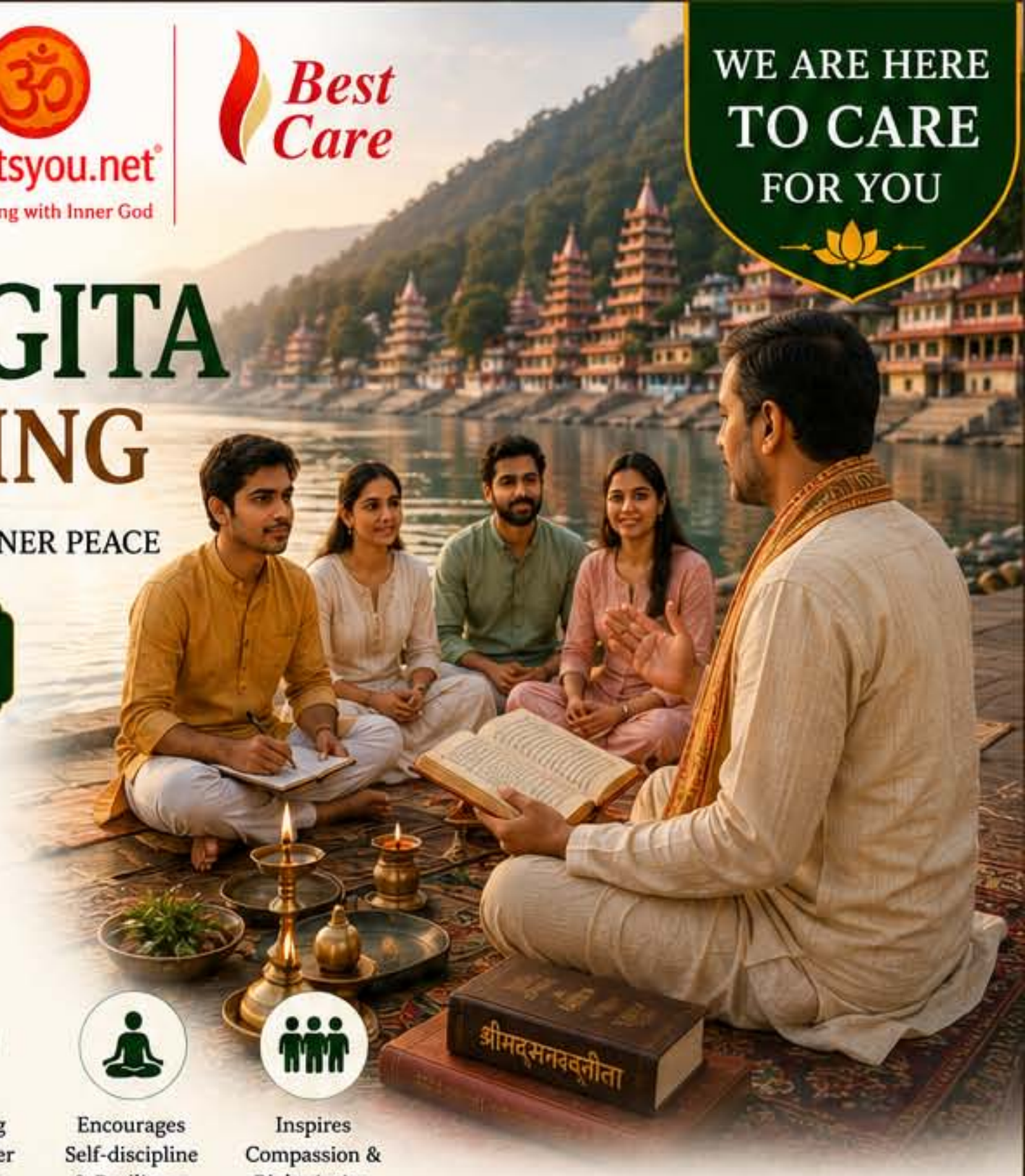
BHAGAVAD GITA FOR DAILY LIVING

TIMELESS WISDOM • PRACTICAL LESSONS • INNER PEACE



DISCOVER THE TEACHINGS OF THE GITA AND APPLY THEM IN YOUR DAILY LIFE.

The Bhagavad Gita is a guide to life. It teaches us how to think, act and live with clarity, compassion and purpose. Learn how to handle challenges, build strong relationships, find inner peace and live a meaningful life with the wisdom of the Gita.

- Provides Clarity & Direction
- Improves Focus & Understanding
- Reduces Stress & Promotes Inner Peace
- Builds Strong Values & Better Relationships
- Encourages Self-discipline & Resilience
- Inspires Compassion & Right Action

WHAT YOU WILL LEARN

- Essence of the Bhagavad Gita
- Practical lessons for daily life
- How to manage mind & emotions
- Karma Yoga – Selfless Action
- Bhakti Yoga – Devotion & Love
- Jnana Yoga – Wisdom & Understanding
- Meditation & Mindfulness
- Living with Purpose & Gratitude

PROGRAM INCLUDES

- Bhagavad Gita Study Classes
- Personalized Ayurvedic Consultation
- Yoga, Pranayama & Meditation
- Vedic Mantra Chanting
- Group Discussions & Reflections
- Sattvic Nutrition Guidance
- Daily Routine (Dinacharya) Guidance
- Spiritual Wellness Education
- Home Study Guidance
- Ongoing Support & Follow-up

BENEFITS FOR DAILY LIVING

- Helps in making better decisions
- Brings peace to the mind & heart
- Improves concentration & memory
- Inspires positivity & gratitude
- Strengthens resilience & courage
- Encourages a balanced lifestyle
- Supports personal growth
- Guides you to live a meaningful life

STUDY

Understand timeless wisdom

REFLECT

Reflect and connect within

PRACTICE

Apply in daily life & transform

> "The Gita is not just a book to read, it is a life to live."
>
> – Sri Krishna

- Authentic Guidance
- Holistic Approach
- Spiritual Healing
- Ayurvedic Lifestyle
- Peaceful Environment

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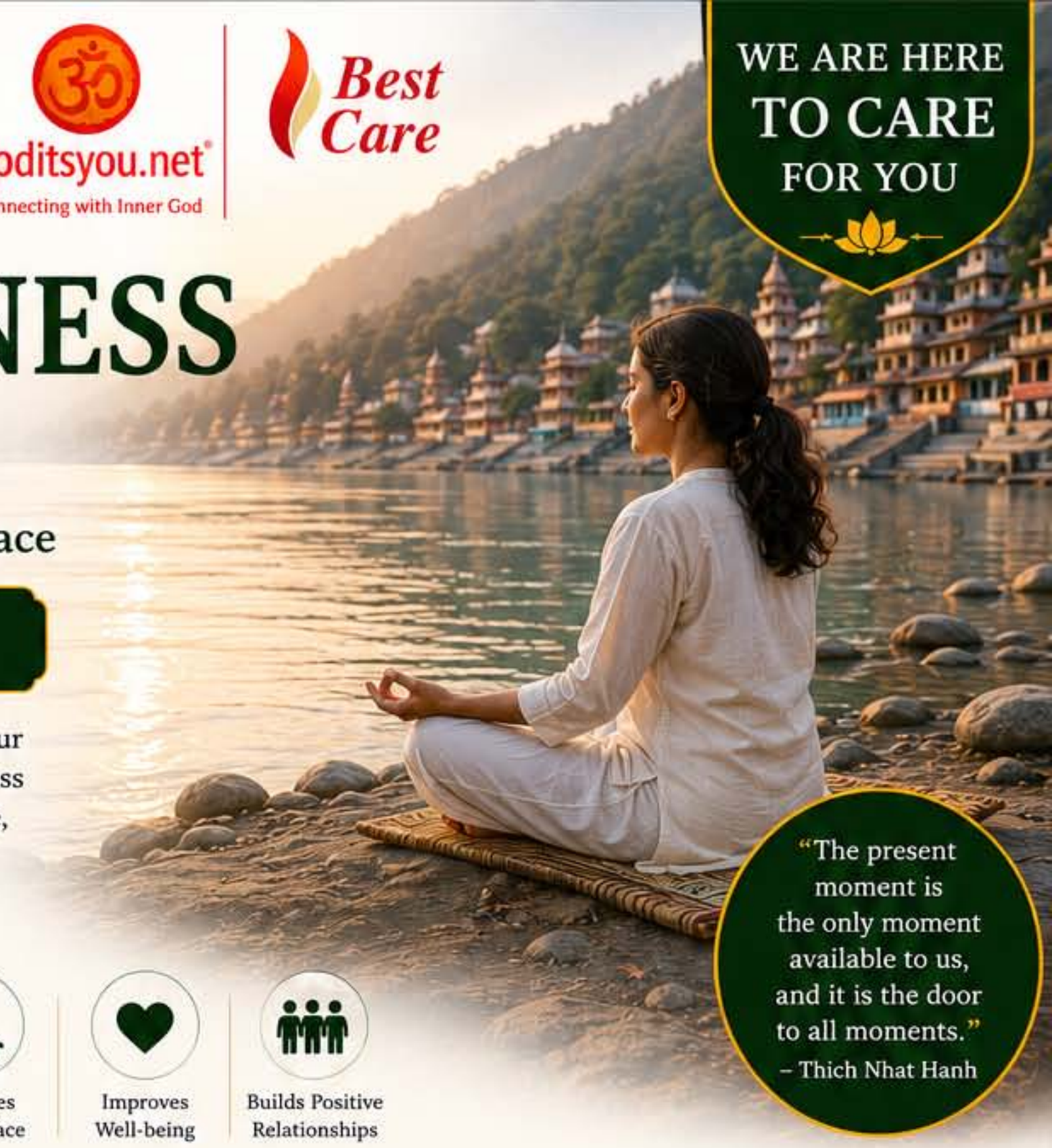
MINDFULNESS PRACTICE

Awareness • Balance • Inner Peace

LIVE FULLY IN THE PRESENT MOMENT

Mindfulness helps you become more aware of your thoughts, emotions and daily actions with calmness and clarity. With personalized Ayurvedic guidance, meditation, yoga and healthy living, cultivate inner peace, emotional balance and holistic well-being.



"The present moment is the only moment available to us, and it is the door to all moments."
– Thich Nhat Hanh

- Reduces Stress & Anxiety
- Improves Focus & Concentration
- Enhances Emotional Balance
- Promotes Inner Peace
- Improves Well-being
- Builds Positive Relationships

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

MINDFUL PRACTICES

- Mindful Breathing
- Guided Meditation
- Yoga & Gentle Movement
- Pranayama (Breathing Practices)
- Body Scan & Relaxation
- Mindful Walking
- Gratitude & Self-Reflection
- Journaling
- Digital Detox & Presence
- Sattvic Lifestyle Guidance

SUPPORTS HOLISTIC WELL-BEING

- Calmer Mind
- Better Sleep
- Emotional Balance
- Healthy Body
- Positive Outlook
- Greater Self-Awareness

MINDFUL LIVING IN DAILY LIFE

- Mindful Eating
- Quality Time
- Gratitude
- Kindness
- Healthy Habits

BENEFITS OF MINDFULNESS PRACTICE

- Lowers stress & anxiety
- Improves focus & productivity
- Enhances memory
- Supports emotional healing
- Boosts self-awareness
- Promotes compassion
- Encourages positive habits
- Improves overall well-being

EXPERIENCE IN THE SACRED LAND OF RISHIKESH

- Peaceful Environment
- Sacred Ganga
- Spiritual Energy
- Healthy Lifestyle

A HOLISTIC APPROACH TO A MINDFUL & FULFILLING LIFE

- Authentic Ayurvedic Care
- Holistic Healing
- Spiritual Wellness
- Natural & Safe Therapies
- Peaceful & Supportive Environment

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NATURE THERAPY

Reconnect • Refresh • Rejuvenate Naturally

Experience the healing power of nature. Fresh air, sunlight, greenery, rivers, and peaceful surroundings can support a balanced body, calm mind, and healthy lifestyle.

HEAL NATURALLY LIVE MINDFULLY

Improves Well-being | Reduces Stress | Boosts Immunity | Enhances Mood | Increases Energy | Strengthens Connection

EXPERIENCE NATURE, EMBRACE WELLNESS

Nature Walks
Mindful walks in forests and along the Ganga

Yoga & Pranayama
Breathe deep, stretch gently, and energize

Meditation
Connect within and find inner peace

Sattvic Nutrition
Nourishing, natural, and Ayurveda-inspired meals

Natural Healing
Clean air, fresh water, greenery & sunshine

PROGRAM HIGHLIGHTS

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Guided Nature Walks & Forest Bathing
- Riverside Relaxation & Mindfulness
- Yoga, Pranayama & Meditation Sessions
- Herbal Tea & Detox Support
- Sattvic Meals & Nutrition Guidance
- Stress Relief & Mindfulness Practices
- Daily Routine (Dinacharya) Guidance
- Ongoing Wellness Follow-up

BENEFITS OF NATURE THERAPY

- Reduces stress and anxiety
- Improves sleep and relaxation
- Enhances focus and clarity
- Boosts immunity and energy
- Supports emotional balance
- Promotes healthy lifestyle
- Reconnects you with nature and yourself

"In every walk with nature, one receives far more than he seeks."
– John Muir

WHO CAN BENEFIT

- People with stress, anxiety & burnout
- Seniors seeking natural wellness
- Those looking for lifestyle balance
- Individuals seeking holistic healing
- Anyone who wants to live a healthier life

OUR APPROACH

At Om Ayurveda, every program starts with a personalized Ayurvedic consultation to understand your unique needs. We combine the timeless wisdom of Ayurveda with the healing power of nature for complete well-being.

- Authentic Ayurvedic Care
- Holistic Healing
- Spiritual Wellness
- Ayurvedic Lifestyle
- Peaceful Environment

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GARDENING FOR WELLNESS

GROW • NURTURE • THRIVE NATURALLY

Cultivate Plants, Nourish Body, Calm Mind & Enrich Life

Gardening is a beautiful way to connect with nature, reduce stress, stay active and enjoy fresh, organic produce. Our Gardening for Wellness Program combines Ayurvedic wisdom, herbal gardening, mindfulness, yoga and healthy living.

- Reduces Stress
- Improves Mood
- Enhances Mindfulness
- Boosts Immunity
- Supports Physical Activity
- Builds Connection

WHAT YOU WILL EXPERIENCE

- Learn to grow herbs, vegetables & flowers
- Hands-on organic gardening
- Understand medicinal & aromatic plants
- Seasonal planting & natural care
- Harvest fresh & pure produce
- Prepare herbal teas & healthy meals
- Connect with nature & enjoy the outdoors

PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Herbal & Organic Gardening Training
- Yoga, Pranayama & Meditation
- Mindfulness in Nature
- Sattvic Nutrition Guidance
- Herbal Tea & Wellness Education
- Dinacharya (Daily Routine) Guidance
- Home Garden Planning
- Ongoing Wellness Support

BENEFITS FOR BODY, MIND & LIFE

- Supports mental peace & relaxation
- Encourages healthy eating habits
- Enhances focus & mindfulness
- Promotes physical activity naturally
- Strengthens connection with nature
- Brings joy, purpose & fulfillment

HERBAL GARDENING

Grow medicinal herbs for daily wellness.

ORGANIC VEGETABLES

Enjoy fresh, chemical-free, nutritious vegetables.

MINDFUL LIVING

Practice mindfulness in the lap of nature.

YOGA & MEDITATION

Balance body, mind and inner energy.

NATURE CONNECTION

Walk, breathe & heal in nature's embrace.

EVERY PROGRAM STARTS WITH

PERSONALIZED AYURVEDIC CONSULTATION

- Understand Your Body
- Personalized Wellness Plan
- Natural & Safe Approach
- Holistic Healing

"The garden is a mirror of our mind. When we nurture it with love, it gives back health, happiness and abundance."

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info@omayurveda.org
Rishikesh, Uttarakhand, India

Om Ayurveda

AUTHENTIC AYURVEDA
HOLISTIC CARE, NATURAL HEALING

SCAN QR CODE TO KNOW MORE & CONNECT WITH US

- AUTHENTIC AYURVEDIC CARE
- EXPERIENCED AYURVEDIC DOCTORS
- PERSONALIZED TREATMENT
- NATURAL & SAFE THERAPIES
- HOLISTIC CARE FOR BODY, MIND & SOUL
- PEACEFUL ENVIRONMENT IN RISHIKESH

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We Are Here to Care for You

MOTHER EARTH
TRAVEL & TOURISM

goditsyou.net
Connecting with Inner God

Best Care

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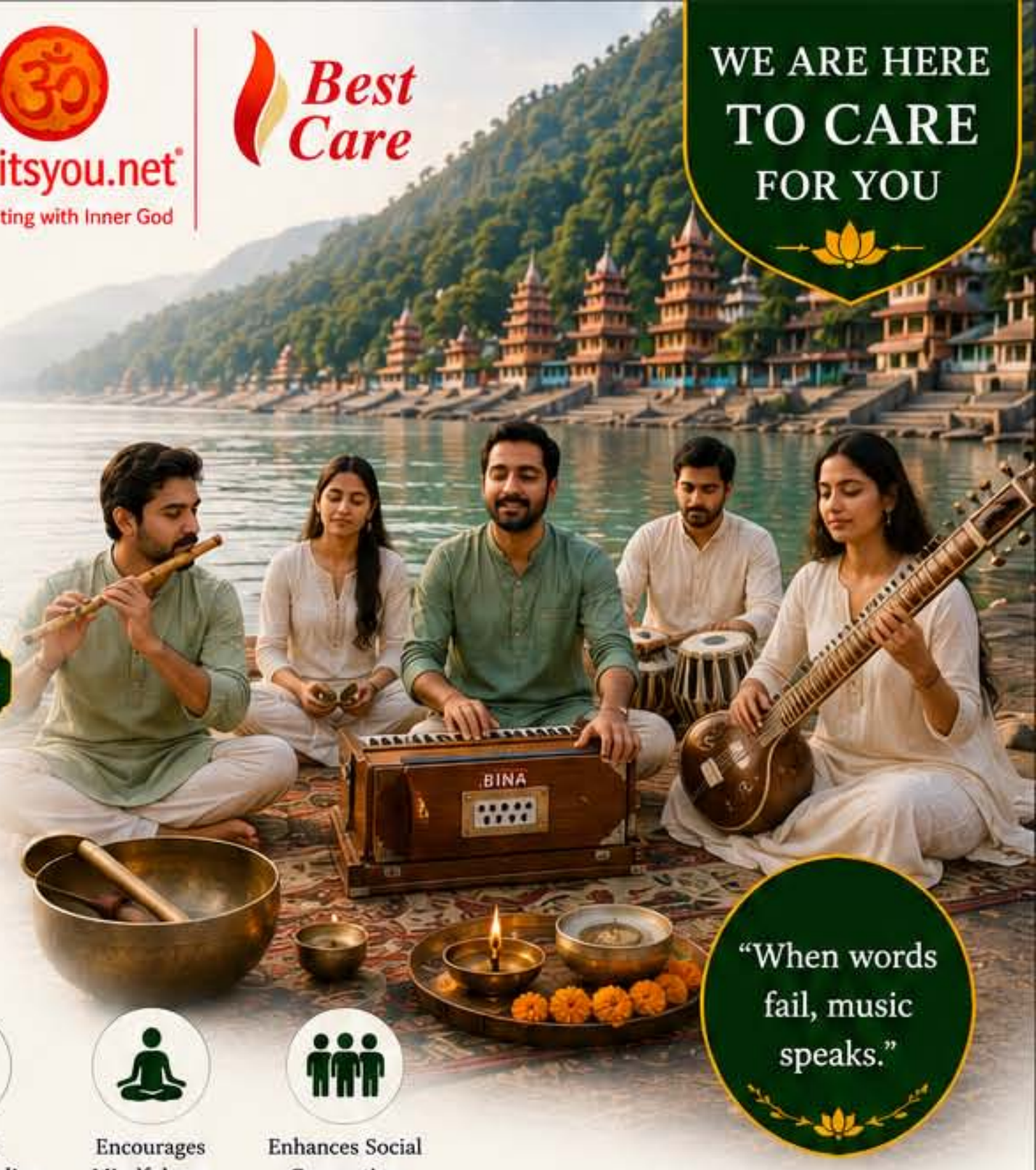
MUSIC THERAPY

HARMONY FOR MIND, BODY & SOUL



HEAL THROUGH THE POWER OF MUSIC

Music has a unique ability to calm the mind, uplift the spirit and restore inner balance. Our Music Therapy Program combines the healing power of sound with Ayurvedic wisdom, yoga, meditation and mindful living for your complete well-being.

"When words fail, music speaks."

- Reduces Stress & Anxiety
- Promotes Relaxation
- Improves Focus & Clarity
- Supports Emotional Healing
- Encourages Mindfulness
- Enhances Social Connection

EXPERIENCE THE HEALING POWER OF MUSIC

- Soothing Instrumental Music
- Bhajans & Devotional Singing
- Vedic Mantra Chanting
- Sound Healing with Singing Bowls
- Ragas for Relaxation & Balance
- Music with Yoga & Meditation
- Mindful Listening & Expression

PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Music Therapy Sessions
- Yoga, Pranayama & Meditation
- Vedic Chanting & Mantra Therapy
- Stress Relief & Relaxation Techniques
- Healthy Sattvic Nutrition Guidance
- Daily Routine (Dinacharya) Planning
- Herbal Wellness Education
- Home Relaxation Practices
- Ongoing Wellness Follow-up

BENEFITS FOR BODY, MIND & SOUL

- Calms the nervous system
- Improves sleep quality
- Balances emotions
- Enhances memory & concenration
- Promotes inner peace & happiness
- Supports heart health
- Encourages creativity
- Brings harmony to relationships
- Uplifts mood & energy

DEVOTIONAL MUSIC

SOUND HEALING

YOGA & MEDITATION

MINDFUL LISTENING

NATURE & MUSIC

A HOLISTIC APPROACH TO WELLNESS

- Ayurvedic Wisdom
- Natural Healing
- Peaceful Environment
- Holistic Care
- Spiritual Growth
- Mind-Body Balance

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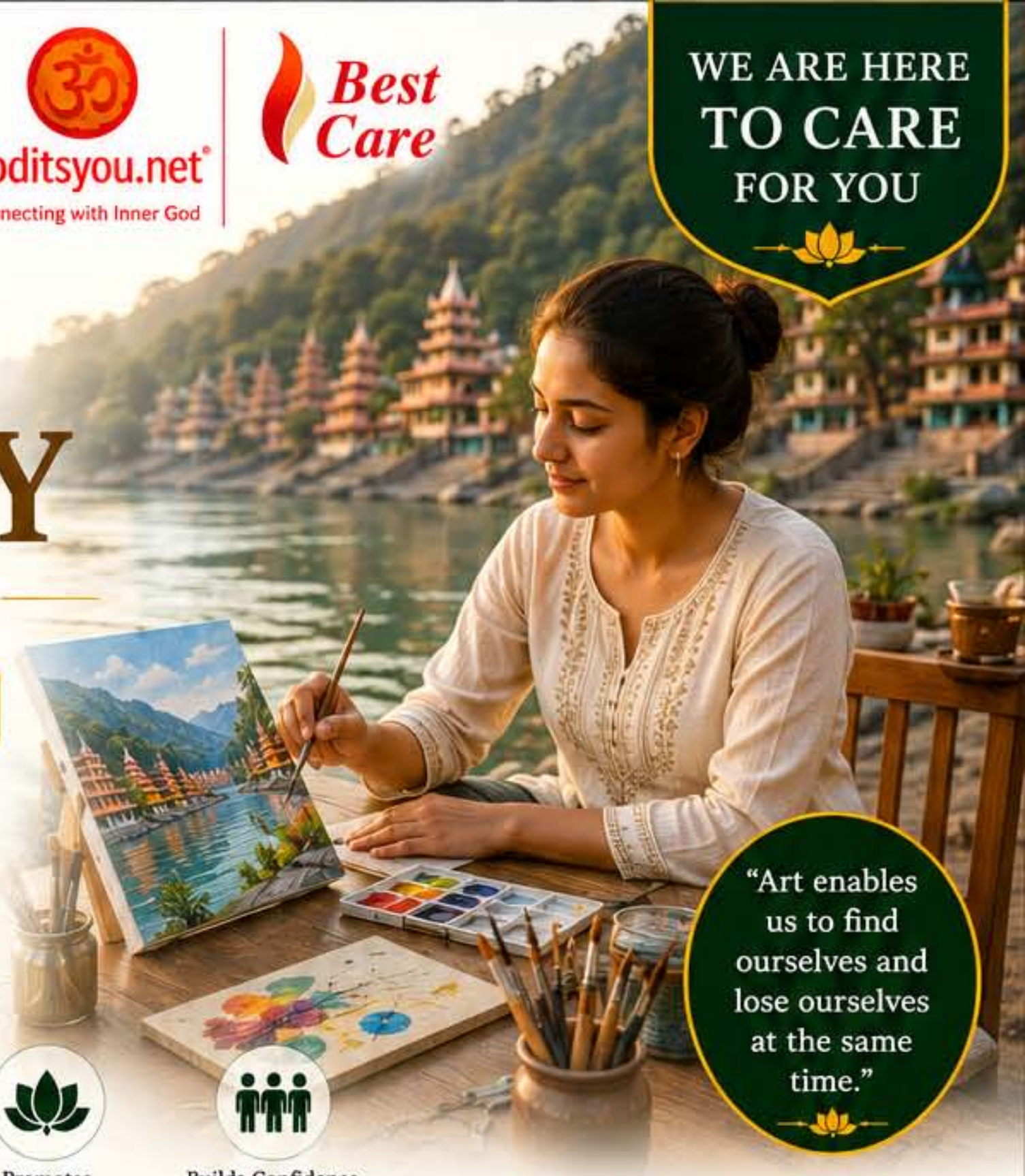
ART THERAPY

EXPRESS • CREATE • HEAL

CREATIVITY IS THE PATH TO INNER HEALING

Art helps us express our emotions, reduce stress, boost self-awareness and bring balance to mind, body and soul. Our Art Therapy Program combines Ayurvedic wisdom, mindful creativity, yoga, meditation and holistic care for complete well-being.



"Art enables us to find ourselves and lose ourselves at the same time."

- Encourages Self-Expression
- Reduces Stress & Anxiety
- Enhances Creativity
- Promotes Emotional Balance
- Builds Confidence & Social Connection

WHAT YOU WILL EXPERIENCE

- Guided Art Therapy Sessions
- Drawing, Painting & Mandala Art
- Clay & Nature Inspired Art
- Creative Expression & Storytelling
- Mindful Coloring & Craft Activities
- Sharing & Group Art Experience
- Relaxation with Soothing Music

PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Art Therapy Sessions
- Yoga, Pranayama & Meditation
- Mindfulness & Breathing Practices
- Stress Relief & Emotional Support
- Sattvic Nutrition Guidance
- Herbal Wellness Education
- Dinacharya (Daily Routine) Planning
- Home Creative Practice Guidance
- Ongoing Wellness Follow-up

BENEFITS FOR BODY, MIND & SOUL

- Reduces stress & anxiety
- Enhances focus & concentration
- Encourages emotional healing
- Boosts self-awareness
- Improves fine motor skills
- Promotes relaxation & mindfulness
- Enhances creativity & imagination
- Builds confidence & self-esteem
- Supports mental well-being
- Brings joy & happiness

PAINTING

MANDALA ART

CLAY ART

NATURE ART

MINDFUL DRAWING

GROUP SHARING

A HOLISTIC APPROACH TO WELLNESS

- Ayurvedic Wisdom
- Holistic Care
- Natural Healing
- Mind-Body Balance
- Peaceful Environment
- Spiritual Growth

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LAUGHTER YOGA

SMILE MORE • LIVE BETTER

LAUGH • BREATHE • CONNECT

Laughter Yoga combines playful laughter exercises with deep breathing to bring joy, reduce stress, boost energy and create harmony in body, mind and soul.

"A day without laughter is a day wasted."

- Reduces Stress
- Boosts Immunity
- Improves Mental Health
- Enhances Energy
- Strengthens Social Bonds
- Supports Healthy Breathing

OUR LAUGHTER YOGA SESSION INCLUDES

Laughter Exercises
Joyful activities that make you laugh naturally

Breathing Techniques
Pranayama to energize body and mind

Gentle Yoga
Simple postures for flexibility and balance

Meditation
Calm the mind and enhance inner peace

Healthy Lifestyle
Sattvic nutrition and daily routine guidance

BENEFITS OF LAUGHTER YOGA

- Reduces stress and anxiety
- Enhances mood and happiness
- Boosts immunity and energy
- Improves heart health
- Supports better breathing
- Enhances social connection
- Promotes positive mindset
- Improves overall well-being

PROGRAM HIGHLIGHTS

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Laughter Yoga Sessions
- Yoga, Pranayama & Meditation
- Stress Relief & Relaxation Techniques
- Healthy Sattvic Nutrition Guidance
- Herbal Wellness Education
- Dinacharya (Daily Routine) Planning
- Ongoing Wellness Follow-up

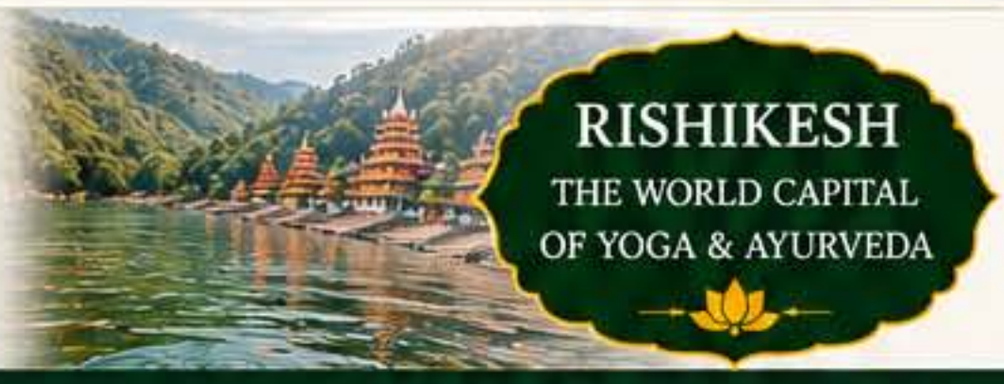
WHO CAN BENEFIT?

- People experiencing stress or burnout
- Seniors & those seeking active, joyful living
- Individuals looking for emotional balance
- Families & groups
- Anyone who wants to live a healthier, happier life

EXPERIENCE JOY EVERY DAY

Laugh together, heal together and create a happier, healthier community.

- Authentic Ayurvedic Care
- Holistic Healing
- Natural & Safe Therapies
- Peaceful Environment
- Spiritual Wellness



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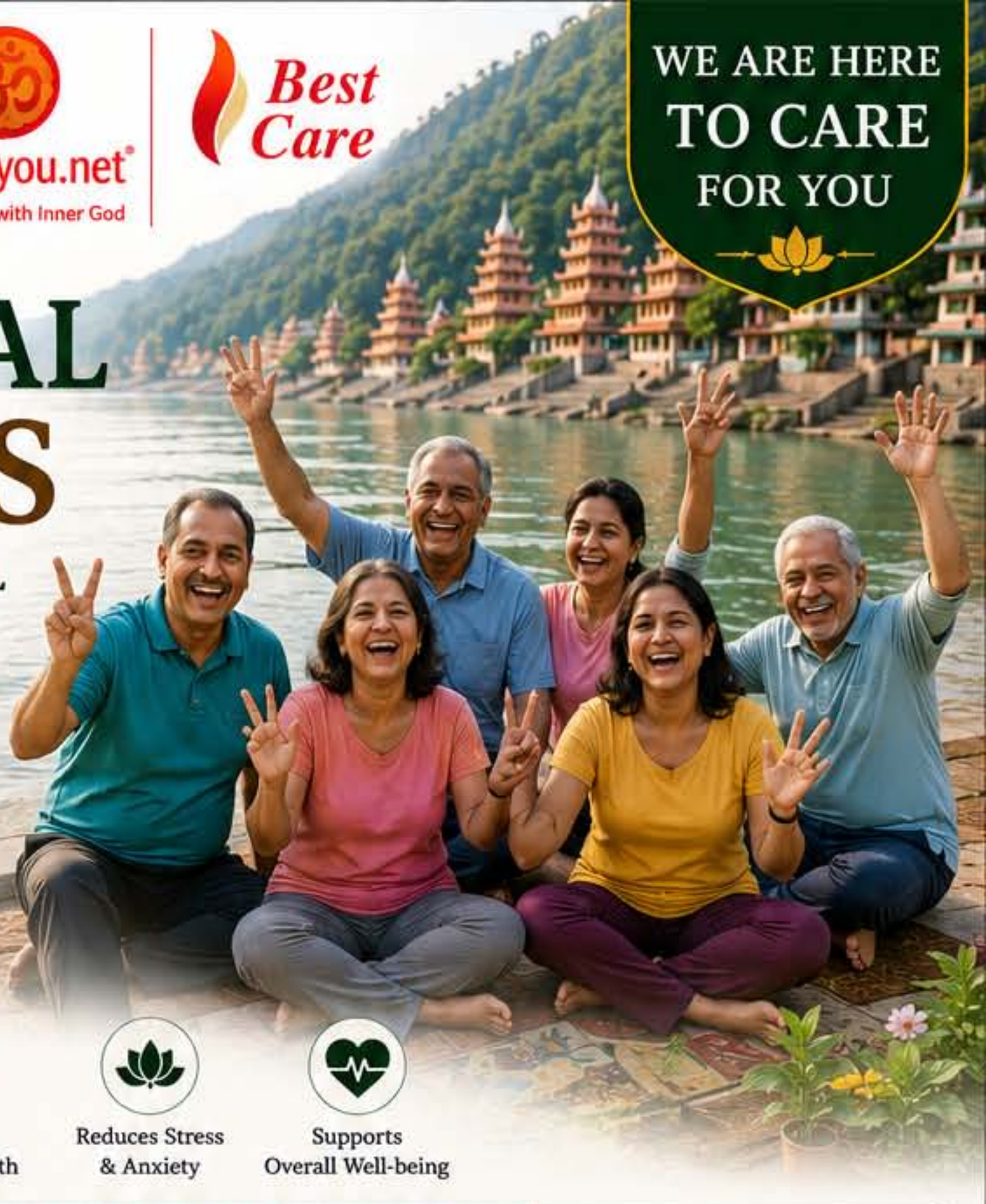
RECREATIONAL ACTIVITIES

STAY ACTIVE, CONNECTED & JOYFUL

Joyful Activities for Body, Mind & Soul



Our Recreational Activities Program blends fun, fitness, creativity and relaxation to encourage healthy aging, happiness and meaningful connections. Experience holistic wellness through engaging activities in the serene surroundings of Rishikesh.

- Promotes Physical Activity
- Enhances Mood
- Builds Social Connection
- Improves Cognitive Health
- Reduces Stress & Anxiety
- Supports Overall Well-being

ENJOY A VARIETY OF RECREATIONAL ACTIVITIES

NATURE WALKS

YOGA & STRETCHING

LAUGHTER YOGA

ART & CRAFT

MUSIC & BHAJANS

INDOOR GAMES

GARDENING

MEDITATION & PRANAYAMA

BENEFITS

- Encourages healthy & active lifestyle
- Improves strength, flexibility & balance
- Enhances mental clarity & focus
- Boosts happiness & reduces stress
- Strengthens social bonds & relationships
- Supports emotional well-being
- Promotes positive thinking
- Enhances quality of life

PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Daily Recreational Activity Sessions
- Yoga, Pranayama & Meditation
- Music, Art, Games & Group Activities
- Nature Walks & Outdoor Activities
- Healthy Sattvic Nutrition Guidance
- Daily Routine (Dinacharya) Planning
- Ongoing Wellness Follow-up

WHO CAN JOIN?

- Seniors & Elders
- Individuals Seeking Active Lifestyle
- Families & Friends
- Stress, Anxiety or Burnout
- Anyone Seeking Joyful Living

A HOLISTIC APPROACH TO WELLNESS

- Authentic Ayurvedic Care
- Natural & Safe Therapies
- Holistic Healing
- Peaceful Environment
- Mind-Body Balance

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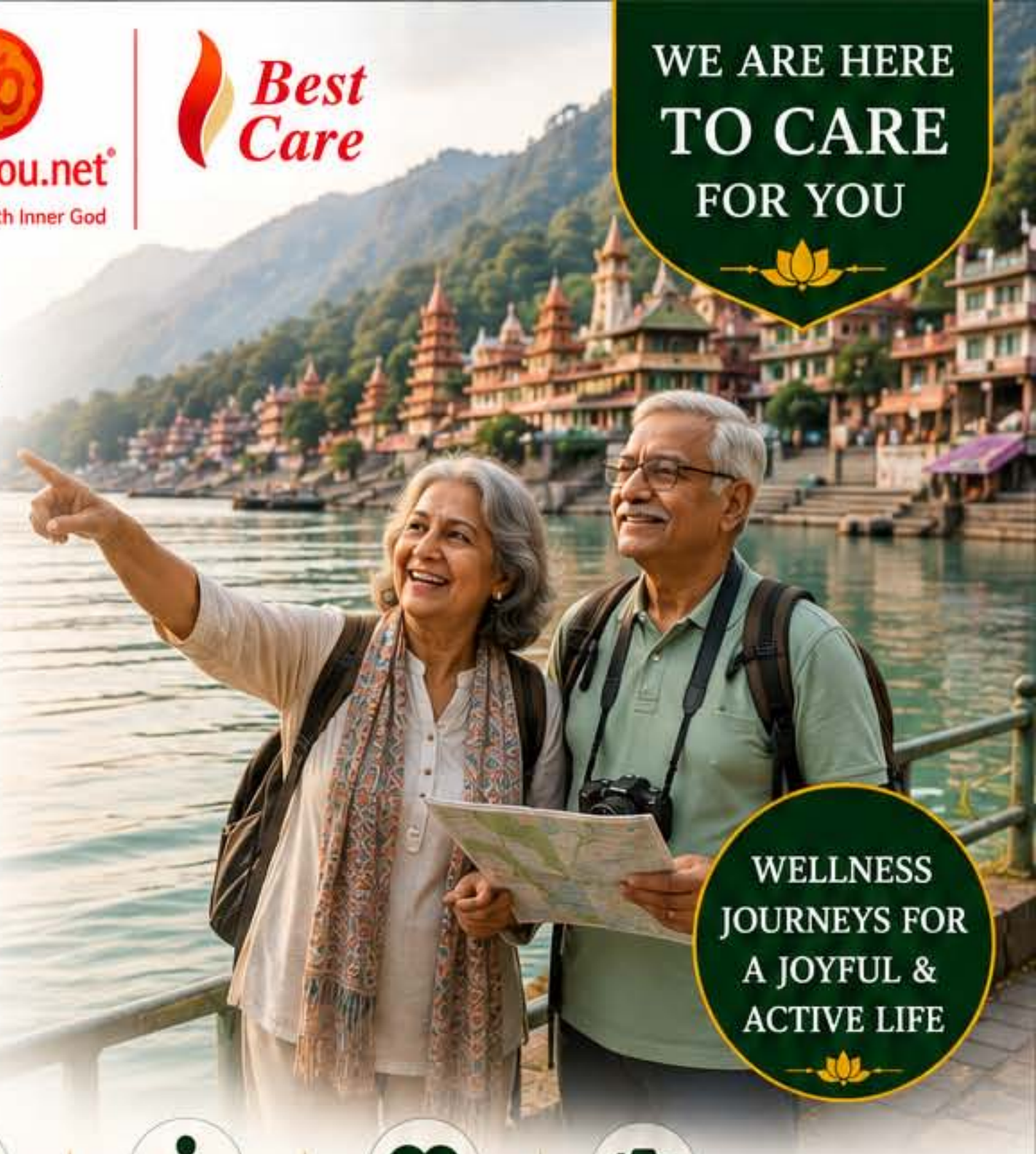
TRAVEL FOR HEALTHY AGING

EXPLORE • REJUVENATE • THRIVE

JOURNEYS THAT ENRICH BODY, MIND & SOUL

Healthy travel inspires joy, builds connections, encourages movement and brings peace to the mind. Our Ayurvedic travel programs are thoughtfully designed for seniors to explore beautiful places, experience culture, enjoy nature and return refreshed, revitalized and full of happiness.



WELLNESS JOURNEYS FOR A JOYFUL & ACTIVE LIFE

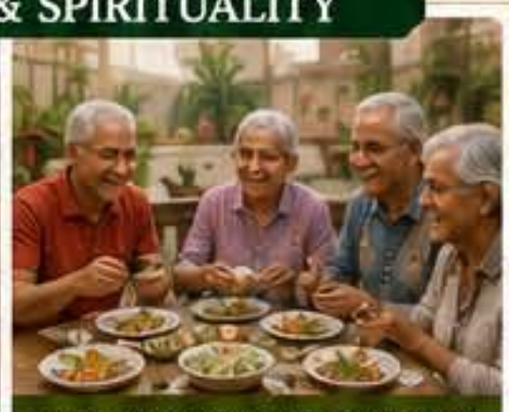
- Encourages Physical Activity
- Enhances Mental Well-being
- Builds Social Connections
- Reduces Stress & Anxiety
- Supports Healthy Aging
- Creates Beautiful Memories

EXPERIENCE WELLNESS, NATURE & SPIRITUALITY

YOGA & PRANAYAMA

NATURE WALKS

SPIRITUAL EXPERIENCES


HEALTHY SATTVIC FOOD

JOYFUL MEMORIES

PROGRAM HIGHLIGHTS

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Carefully Planned Wellness Travel
- Yoga, Pranayama & Meditation
- Spiritual & Cultural Experiences
- Nature Walks & Sightseeing
- Healthy Sattvic Nutrition
- Herbal Wellness Guidance
- Comfortable Stay & Senior Care
- Ongoing Wellness Follow-up

POPULAR DESTINATIONS

RISHIKESH

HARIDWAR

KASHI (VARANASI)

AYODHYA

BADRINATH

PRAYAGRAJ

Custom travel plans based on your health, interests & comfort.

WHO CAN BENEFIT?

- Seniors & Elders
- Individuals Seeking Active & Healthy Living
- Families Traveling Together
- People Looking for Spiritual Growth & Peace
- Anyone Wanting a Meanir Travel Experience

A HOLISTIC APPROACH TO WELLNESS

- Authentic Ayurvedic Care
- Natural & Safe Therapies
- Peaceful Environment
- Holistic Healing
- Spiritual Wellness
- Mind-Body Balance

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PILGRIMAGE
WELLNESS PROGRAMS

SPIRITUAL JOURNEYS • HOLISTIC WELLNESS • INNER PEACE

A JOURNEY THAT HEALS BODY, MIND & SOUL

Our Pilgrimage Wellness Programs combine the timeless wisdom of Ayurvedc with the sacred energy of India's spiritual destinations. Experience yoga, meditation, sattvic meals, ayurvedic care and divine blessings while you travel.

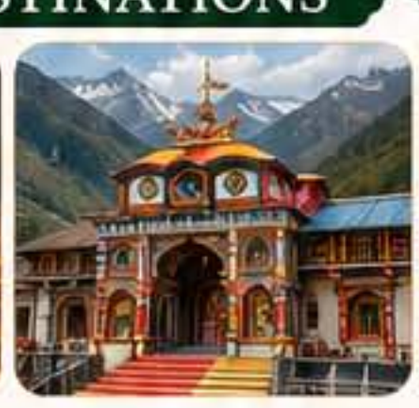
- Spiritual Enrichment
- Ayurvedic Wellness
- Yoga & Meditation
- Sattvic Nutrition
- Cultural Experiences
- Holistic Healing

SACRED DESTINATIONS

RISHIKESH
Yoga Capital of the World

HARIDWAR
Gateway to the Gods

KASHI (VARANASI)
The Eternal City



BADRINATH
Divine Abode

AYODHYA
Land of Lord Rama

PRAYAGRAJ
Triveni Sangam

PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Spiritual Pilgrimage Itinerary
- Yoga, Pranayama & Meditation
- Daily Sattvic Meals
- Ayurvedic Wellness Care
- Herbal Support & Guidance
- Group Support & Safety
- Comfortable Travel & Stay
- Ongoing Wellness Follow-up

DAILY WELLNESS ACTIVITIES

- Morning Yoga & Pranayama
- Meditation & Mantra Chanting
- Healthy Ayurvedic Meals
- Temple Visits & Aarti
- Nature Walks
- Knowledge Sharing Sessions
- Evening Bhajans & Satsang

BENEFITS OF PILGRIMAGE

- Reduces stress & anxiety
- Enhances spiritual connection
- Improves physical health
- Supports mental clarity & peace
- Encourages healthy routines
- Builds positive energy
- Creates meaningful memories
- Promotes overall well-being

GANGA AARTI

YOGA & MEDITATION

SATTVIC FOOD

NATURE & HIMALAYAS

SPIRITUAL LEARNING

DEVOTIONAL MUSIC

• Travel outward. Heal inward. Return transformed." •

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WALKING FOR WELLNESS

EVERY STEP TOWARDS BETTER HEALTH

Walking is one of the simplest and most effective ways to improve your health, strengthen your body, calm your mind and uplift your spirit.
Make walking a daily habit for a healthier, happier and longer life.

- IMPROVES HEART HEALTH
- STRENGTHENS JOINTS & MUSCLES
- ENHANCES FLEXIBILITY & BALANCE
- REDUCES STRESS & IMPROVES MENTAL CLARITY
- BOOSTS ENERGY & IMMUNITY
- SUPPORTS WEIGHT MANAGEMENT

OUR HOLISTIC APPROACH FOR YOUR WELL-BEING

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized wellness plan.

YOGA & PRANAYAMA
Breathing techniques and yoga to improve strength, posture and breath.

DAILY WALKING ROUTINE
Regular walking to improve stamina, mobility and mood.

AYURVEDIC NUTRITION
Sattvic, balanced diet to nourish your body and support natural energy.

HERBAL SUPPORT
Ayurvedic herbs and supplements to support digestion, immunity and vitality.

BENEFITS OF WALKING FOR WELLNESS

- Improves cardiovascular health
- Enhances circulation and lung function
- Strengthens bones and muscles
- Reduces stress, anxiety and depression
- Improves sleep quality
- Enhances balance and coordination
- Supports healthy aging
- Promotes overall well-being and longevity

WALKING TIPS

- Wear comfortable shoes and clothes
- Start slow and gradually increase
- Maintain good posture
- Stay hydrated
- Walk in natural surroundings
- Listen to your body and rest when needed
- Be consistent and enjoy your walk

BEST TIME TO WALK

EARLY MORNING
5:30 AM – 7:30 AM
Fresh air, clean environment and calm mind.

EVENING
4:30 PM – 6:30 PM
Helps reduce stress and improves sleep.

CONSISTENCY IS THE KEY – MAKE EVERY STEP COUNT!

WHO CAN BENEFIT?

SENIORS

WORKING PROFESSIONALS

PEOPLE WITH LIFESTYLE DISEASES

RECOVERING FROM ILLNESS OR SURGERY

EVERYONE WHO WANTS A HEALTHIER LIFE

Take the first step towards a healthier, happier you with Ayurveda.

START YOUR WELLNESS JOURNEY TODAY

BOOK YOUR CONSULTATION NOW

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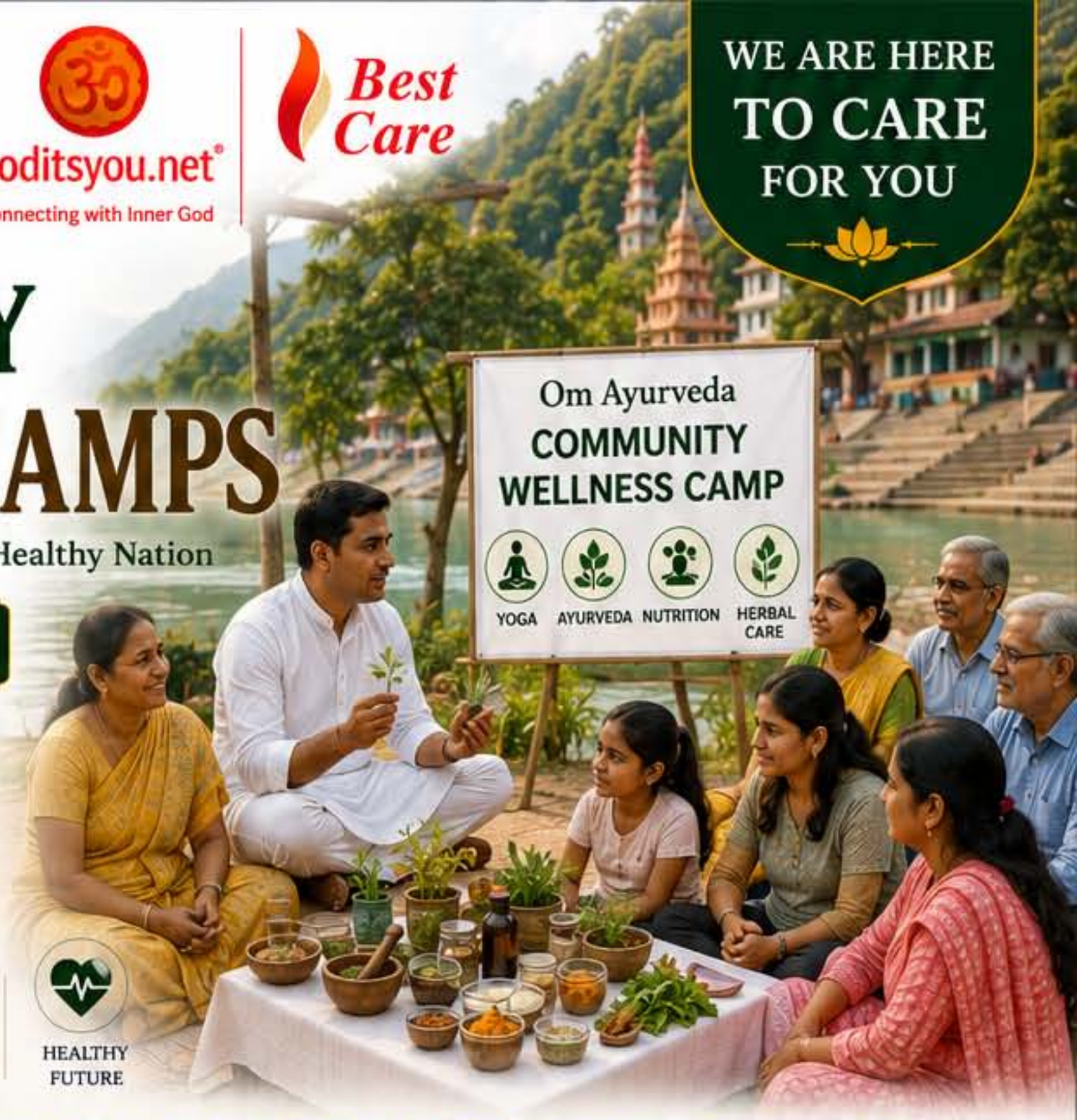
COMMUNITY WELLNESS CAMPS

Healthy Community • Healthy Families • Healthy Nation

Bringing Authentic Ayurveda and Holistic Health to Every Community

Our Community Wellness Camps aim to create health awareness, promote preventive care, and inspire healthy lifestyle habits through Ayurvedic guidance, yoga, meditation, nutrition education and natural living.

PROMOTES HEALTHY LIVING | PREVENTIVE CARE | COMMUNITY CONNECTION | HOLISTIC WELL-BEING | HEALTHY FUTURE



YOGA & PRANAYAMA

HEALTH AWARENESS TALKS

AYURVEDIC CONSULTATIONS

CHILDREN'S WELLNESS ACTIVITIES

HEALTHY COOKING DEMONSTRATIONS

OUR CAMP INCLUDES

- Personalized Ayurvedic Consultations
- Prakriti (Body Constitution) Assessment
- Yoga & Pranayama Sessions
- Meditation & Stress Relief Techniques
- Healthy Nutrition & Cooking Guidance
- Herbal Education & Home Remedies
- Lifestyle (Dinacharya) Awareness
- Seasonal Health (Ritucharya) Guidance
- Health Check-up & Wellness Screening
- Educational Materials & Resources
- Follow-up Support & Guidance

BENEFITS FOR ALL AGES

- Strengthens Immunity
- Improves Digestion & Energy
- Reduces Stress & Anxiety
- Promotes Mental Clarity
- Encourages Healthy Habits
- Supports Women & Child Health
- Enhances Quality of Life
- Builds Awareness & Confidence
- Creates a Healthier Community

WHO CAN JOIN?

- Children & Students
- Adults & Working Professionals
- Seniors & Elders
- Families & Homemakers
- Health Enthusiasts
- Any Community Member

TOGETHER WE CAN BUILD A HEALTHY, HAPPY AND STRONG COMMUNITY

LET'S JOIN HANDS FOR A HEALTHIER TOMORROW

Authenic Ayurvedic Guidance | Natural & Safe Healing | Community Empowerment | Sustainable & Eco-Friendly | Compassionate Care

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PREVENTIVE HEALTH SCREENINGS

EARLY AWARENESS • BETTER HEALTH • PEACE OF MIND

KNOW YOUR BODY LIVE BETTER EVERY DAY

Small Steps Today For a Healthy Tomorrow

Our Preventive Health Screening Program combines Ayurvedic wisdom with modern wellness assessments to help you understand your body better, detect potential risks early and make informed choices for a healthier, happier life.

- Early Detection
- Prevents Complications
- Promotes Wellness
- Improves Quality of Life
- Supports Healthy Aging
- Empowers You with Knowledge

OUR SCREENINGS INCLUDE

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Blood Pressure Check
- Blood Sugar Check
- Body Mass Index (BMI)
- Body Fat Analysis
- Cholesterol Check
- Hemoglobin Check
- Bone Density Assessment
- Lifestyle & Diet Evaluation
- Stress & Sleep Assessment
- Health Risk Assessment
- Personalized Health Report
- Wellness Guidance & Follow-up

A HOLISTIC APPROACH TO YOUR HEALTH

AYURVEDIC CONSULTATION

VITAL CHECK-UPS

BODY ANALYSIS

LAB TESTS

YOGA & PRANAYAMA

NUTRITION COUNSELLING

STRESS MANAGEMENT

PERSONALIZED REPORT

BENEFITS OF PREVENTIVE SCREENINGS

- Helps detect health issues early
- Reduces risk of chronic diseases
- Guides you to a healthier lifestyle
- Improves energy, immunity & vitality
- Supports mental clarity and focus
- Encourages long-term well-being
- Peace of mind for you and your family

WHO SHOULD GET SCREENED?

- Seniors & Elders
- Adults & Working Professionals
- People with Family History of Health Issues
- Individuals with Sedentary Lifestyle
- Anyone Who Cares About Their Health

DAILY REMINDER

- Eat Healthy
- Stay Active
- Manage Stress
- Sleep Well
- Stay Hydrated
- Get Regular Check-ups

"Prevention is Better Than Cure"

AYURVEDA FOR ALL AGES

A Preventive Step Today Can Lead to a Healthier, Happier Tomorrow.

Book Your Preventive Health Screening Today!

Authentic Ayurvedic Care | Natural & Safe Therapies | Holistic Healing
Yoga | Meditation | Nutrition | Lifestyle Guidance

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+91 9405225604
www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

Om Ayurveda

AUTHENTIC AYURVEDA
HOLISTIC CARE, NATURAL HEALING

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AUTHENTIC AYURVEDIC CARE | EXPERIENCED AYURVEDIC DOCTORS | PERSONALIZED TREATMENT | NATURAL & SAFE THERAPIES | HOLISTIC CARE FOR BODY, MIND & SOUL | PEACEFUL ENVIRONMENT IN RISHIKESH

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We Are Here to Care for You

MOTHER EARTH
TRAVEL & TOURISM

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WE ARE HERE TO CARE FOR YOU

PERSONALIZED WELLNESS COACHING

YOUR JOURNEY TO LIFELONG HEALTH & HAPPINESS

Personal Guidance. Practical Solutions. Sustainable Results.

At Om Ayurveda, we believe that true wellness comes from understanding your unique body, mind and lifestyle. Our Personalized Wellness Coaching Program is designed to help you achieve your health goals with the timeless wisdom of Ayurveda and a compassionate, one-to-one approach.

- Personal Guidance
- Holistic Approach
- Natural Healing
- Sustainable Results
- Lifelong Wellness

WHAT'S INCLUDED IN YOUR WELLNESS COACHING

PERSONALIZED AYURVEDIC CONSULTATION
In-depth assessment of your Prakriti (body constitution), lifestyle, health history & wellness goals.

CUSTOMIZED NUTRITION PLANNING
Personalized diet guidance with sattvic, seasonal & Ayurvedic food recommendations.

YOGA & PRANAYAMA GUIDANCE
Simple yoga postures, Pranayama & breathing techniques for daily energy & balance.

STRESS MANAGEMENT & MIND-BODY BALANCE
Meditation, mindfulness practices & stress management techniques for mental clarity.

HERBAL & LIFESTYLE SUPPORT
Natural remedies, daily routines (Dinacharya), sleep guidance & seasonal care (Ritucharya).

REGULAR FOLLOW-UP & SUPPORT
Ongoing monitoring, progress tracking & adjustments to keep you on track.

BENEFITS OF PERSONALIZED WELLNESS COACHING

- Improves energy, digestion & immunity
- Helps manage stress & emotional balance
- Supports healthy weight management
- Encourages better sleep & daily routines
- Promotes long-term healthy habits
- Enhances focus, clarity & productivity
- Supports natural healing & detoxification
- Empowers you to live a balanced life

WHO CAN BENEFIT?

- Individuals seeking better health
- People with busy & stressful lifestyle
- Those managing lifestyle disorders
- Seniors & healthy aging seekers
- Athletes & fitness enthusiasts
- Anyone looking for natural, holistic wellness solutions

OUR APPROACH

- Ancient Ayurvedic Wisdom
- Modern Wellness Science
- Personalized Care & Attention
- Natural, Safe & Effective Solutions
- Compassionate & Confidential Support

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TELEHEALTH CONSULTATIONS

Authentic Ayurvedic Care from Anywhere

Connect • Consult • Heal • Transform

Distance is not a barrier to good health.
Connect with our experienced Ayurvedic doctors online and receive personalized guidance for a healthier, happier life.

- Experienced Ayurvedic Doctors
- Personalized Care for Your Unique Needs
- Connect from Anywhere in the World
- Secure & Confidential Consultations
- Flexible Timing & Easy Follow-ups

WHAT WE OFFER ONLINE

PERSONALIZED AYURVEDIC CONSULTATION

In-depth consultation based on your Prakriti, lifestyle, health history & current concerns.

CUSTOMIZED WELLNESS PLANS

Personalized diet, daily routine, herbal guidance, yoga, pranayama & lifestyle recommendations.

YOGA, PRANAYAMA & MEDITATION GUIDANCE

Simple & effective practices to improve immunity, reduce stress & enhance well-being.

HERBAL & NATURAL SUPPORT

Guidance on natural remedies, herbal formulations & seasonal wellness care.

FOLLOW-UP & ONGOING SUPPORT

Regular follow-ups to track progress and adjust plans as per your needs.

BENEFITS OF TELEHEALTH CONSULTATIONS

- Convenient & accessible from home
- Saves time & travel
- Personalized care & attention
- Supports prevention & early intervention
- Guides healthy lifestyle choices
- Improves overall well-being
- Continuous support & motivation

WHO CAN BENEFIT?

- Busy Professionals
- People with Lifestyle Disorders
- Senior Citizens
- Women's Health
- Children & Adolescents
- People Seeking Natural & Holistic Care
- Anyone Looking for a Healthier Lifestyle

HOW IT WORKS

1. Book Your Appointment
   Choose a convenient time
2. Share Your Details
   Fill out health history form
3. Join Online Consultation
   Connect with our doctor
4. Receive Your Personalized Plan
   Diet, lifestyle, yoga & more
5. Follow Your Plan & Stay Healthy
   Regular follow-ups & support

"Ayurveda is not just about treatment, it's about understanding, balancing and living in harmony.

Ancient Wisdom Modern Approach

Holistic Healing Mind, Body & Soul

Natural & Safe Therapies

Compassionate Care

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ONLINE WELLNESS MEMBERSHIPS

YOUR DAILY AYURVEDA COMPANION FOR LIFELONG HEALTH

Stay connected with authentic Ayurvedic wisdom, personalized guidance, live classes, exclusive resources and a supportive wellness community – all from the comfort of your home.

- Personalized Guidance
- Holistic Wellness
- Live Classes & Workshops
- Herbal & Nutrition Education
- Supportive Community
- Ongoing Support & Follow-ups

JOIN TODAY AND TRANSFORM YOUR HEALTH NATURALLY

MEMBERSHIP INCLUDES

PERSONALIZED CONSULTATION
One-to-one Ayurvedic consultations based on your Prakriti, lifestyle, health goals and concerns.

LIVE YOGA & PRANAYAMA
Join live sessions to improve flexibility, immunity, energy and mental clarity.

GUIDED MEDITATION
Daily meditation sessions to reduce stress, improve focus and promote inner peace.

NUTRITION & LIFESTYLE
Personalized diet plans, healthy recipes, dinacharya and ritucharya guidance.

HERBAL WELLNESS
Learn about herbs, home remedies and Ayurvedic self-care practices.

LIVE Q&A & WORKSHOPS
Weekly live Q&A sessions and expert workshops on Ayurveda and holistic health.

MEMBERSHIP BENEFITS

- Continuous support for your wellness journey
- Personalized care and regular follow-ups
- Access to live classes and exclusive content
- Practical Ayurvedic solutions for everyday life
- Improves immunity, energy and overall well-being
- A supportive global wellness community
- Inspires healthy habits for a balanced life

WHO CAN JOIN?

- Individuals seeking better health
- Busy professionals
- People with lifestyle disorders
- Senior citizens
- Women's health & wellness
- Children & adolescents
- Families who want a healthy lifestyle
- Anyone looking for natural holistic solutions

FROM ANYWHERE IN THE WORLD

MEMBERSHIP FEATURES

- Monthly 1:1 Consultation
- Weekly Live Yoga & Pranayama
- Guided Meditation Sessions
- Herbal & Nutrition Education
- Wellness Plans & Trackers
- Digital Resources & E-books
- Community Support & Discussion
- Priority Support & Follow-ups

WHAT OUR MEMBERS SAY

"The guidance and support I receive every day has truly transformed my health and lifestyle. Thank you Om Ayurveda!"
– Neha, USA

"The live classes, consultations and healthy recipes are amazing. I feel more energetic and peaceful than ever."
– Rajesh, India

"Being a member makes me feel connected to a global family that truly cares about my well-being."
– Priya, Australia

START YOUR WELLNESS JOURNEY TODAY!

Simple | Convenient | Effective | Holistic

One Membership. Endless Benefits.

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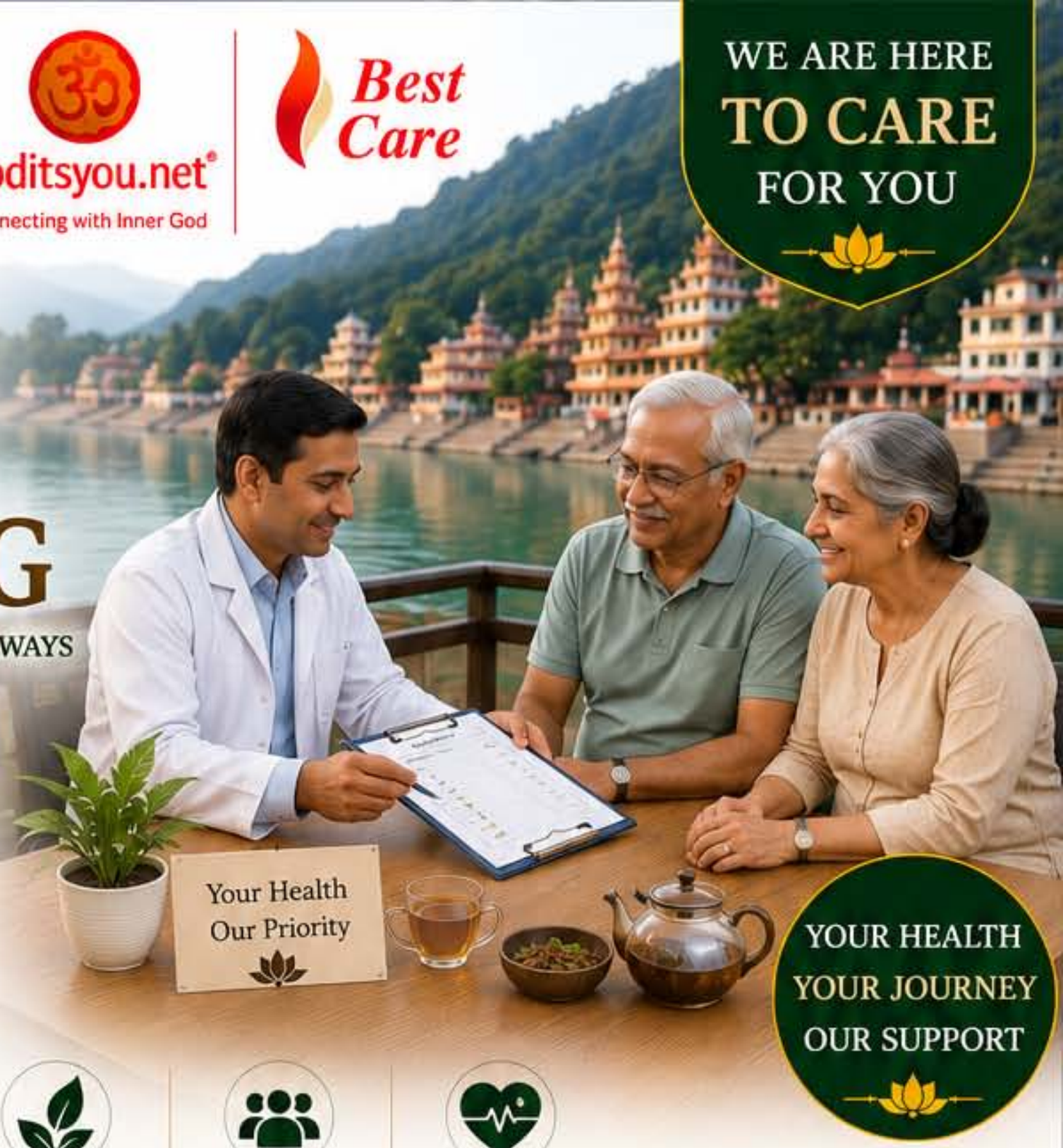
MONTHLY HEALTH MONITORING

TRACK TODAY • IMPROVE EVERY DAY • THRIVE ALWAYS



YOUR HEALTH
YOUR JOURNEY
OUR SUPPORT

Consistent Care, Better Health Lifelong Wellness

Our Monthly Health Monitoring Program helps you stay on track with your wellness goals through regular check-ups, personalized guidance and continuous support.
Small steps every month lead to big changes in your health.

Monthly Consultation | Regular Tracking | Progress Review | Personalized Guidance | Ongoing Support | Better Health Every Month

WHAT WE MONITOR EVERY MONTH

CONSULTATION
In-depth review of your health, lifestyle, sleep, stress & overall well-being.

BODY MEASUREMENTS
Monitor weight, BMI, body fat & track your progress.

VITAL CHECKS
Blood Pressure, Pulse Rate & other vital signs.

NUTRITION REVIEW
Personalized diet review & healthy eating guidance.

LIFESTYLE TRACKING
Daily routine, exercise, sleep quality, stress & energy levels.

HERBAL GUIDANCE
Seasonal herbs, home remedies & Ayurvedic lifestyle tips.

BENEFITS OF MONTHLY HEALTH MONITORING

- Helps detect imbalances early
- Prevents lifestyle disorders
- Improves immunity & energy
- Supports healthy weight management
- Encourages better sleep & digestion
- Reduces stress & improves focus
- Builds consistent healthy habits
- Long-term wellness & vitality

OUR MONTHLY WELLNESS PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Body Constitution (Prakriti) Assessment
- Monthly Progress Review
- Nutrition & Lifestyle Guidance
- Yoga, Pranayama & Meditation Support
- Stress Management & Mind Wellness
- Herbal & Natural Care Recommendations
- Goal Setting & Motivation
- Continuous Follow-up & Support

WHO CAN BENEFIT?

- Individuals with busy lifestyle
- People with lifestyle disorders
- Senior citizens
- Women's health
- Athletes & fitness enthusiasts
- Anyone looking for a healthier, balanced life

Small Steps Every Month | Better Health Every Day | Stronger You Every Year | Let's work together for your well-being!

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SENIOR HEALTH EDUCATION WORKSHOPS

KNOWLEDGE TODAY • WELLNESS TOMORROW

LEARN EMPOWER THRIVE TOGETHER

Empowering Seniors with Knowledge for Healthy & Active Aging

Our Senior Health Education Workshops provide practical Ayurvedic knowledge, healthy lifestyle skills and inspiration to help seniors live a longer, healthier, happier and independent life.

- Healthy Lifestyle Education
- Nutrition & Herbal Guidance
- Yoga & Pranayama Practices
- Mental Wellness & Stress Management
- Chronic Disease Awareness & Prevention
- Fall Prevention & Safety Awareness
- Community Support & Connections

WORKSHOP TOPICS

AYURVEDIC CONSULTATION
Understand your body constitution (Prakriti) and personalized health needs.

NUTRITION & DIET
Learn about balanced, sattvic eating for energy, immunity and longevity.

YOGA & PRANAYAMA
Gentle yoga & breathing practices for strength, flexibility and relaxation.

MEDITATION & MIND CARE
Simple meditation techniques for calm mind and better sleep.

HERBAL WELLNESS
Discover Ayurvedic herbs and home remedies for common health concerns.

ACTIVE & INDEPENDENT LIFE
Tips for mobility, balance, fall prevention and daily independence.

BENEFITS OF ATTENDING

- Empowers you with practical health knowledge
- Encourages healthy daily habits
- Supports immunity and overall wellness
- Helps manage stress and improve sleep
- Supports heart, joint and digestive health
- Promotes independence and confidence
- Builds a supportive senior community

WHO CAN JOIN?

- Seniors (60+)
- Retired Professionals
- Individuals managing lifestyle conditions
- Caregivers & Family Members
- Anyone who wants to age gracefully and healthily

WHAT MAKES OUR WORKSHOPS UNIQUE

- Led by experienced Ayurvedic experts
- Personalized guidance for your needs
- Practical education you can use daily
- Interactive sessions & Q&A
- Holistic approach – body, mind & spirit
- Take home resources & follow-up support

REGULAR WORKSHOPS EVERY MONTH

RISHIKESH UTTARAKHAND, INDIA

LIMITED SEATS REGISTER EARLY

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HOLISTIC LIFESTYLE TRANSFORMATION

Transform Your Health. Transform Your Life.

Body • Mind • Emotions • Spirit

A personalized Ayurvedic program that helps you build healthy habits, restore balance and create lasting transformation in every area of your life.

- Personalized Ayurvedic Consultation
- Nutrition & Detox Guidance
- Yoga, Pranayama & Meditation
- Better Sleep & Daily Routine
- Stress Management & Mental Clarity
- Immunity & Natural Healing
- Holistic Wellness & Vitality

OUR TRANSFORMATION PROGRAM INCLUDES

AYURVEDIC CONSULTATION
In-depth assessment of your Prakriti, health, lifestyle and goals.

PERSONALIZED NUTRITION
Sattvic diet plan, detox guidance and healthy eating habits.

YOGA & PRANAYAMA
Improve strength, flexibility, energy and lung health.

MEDITATION & MINDFULNESS
Reduce stress, improve focus and inner peace.

HERBAL & NATURAL SUPPORT
Ayurvedic herbs and natural therapies to support healing and balance.

DAILY ROUTINE & SLEEP CARE
Restore healthy sleep, circadian rhythm and daily balance.

LIFESTYLE & BEHAVIOR TRANSFORMATION
Build positive habits, emotional balance and a purposeful life.

KEY BENEFITS

- Improved energy, strength and stamina
- Better digestion and detoxification
- Healthy weight management
- Stronger immunity and natural healing
- Stress relief and emotional balance
- Better sleep and mental clarity
- Healthy aging and disease prevention
- Enhanced overall well-being and happiness
- A balanced, purposeful and fulfilling life

YOUR PATH TO TRANSFORMATION

1. **CONSULTATION**
   We understand you.
2. **PLAN**
   Personalized Ayurvedic plan just for you.
3. **PRACTICE**
   Simple daily practices you can follow.
4. **SUPPORT**
   Continuous guidance and motivation.
5. **TRANSFORM**
   A healthier, happier and empowered you!

WHO CAN BENEFIT?

- People with lifestyle disorders
- Stress, anxiety & fatigue
- Digestive & metabolic concerns
- Weight management
- Poor sleep or low energy
- People seeking natural healing
- Anyone ready for a healthier & balanced life

> "The greatest wealth is health. Transform today for a better tomorrow."

- **EXPERT GUIDANCE** — Experienced Ayurvedic Doctors & Therapists
- **NATURAL & SAFE** — 100% Natural therapies and herbal support
- **HOLISTIC APPROACH** — Body, Mind, Emotions and Spirit
- **PEACEFUL ENVIRONMENT** — Serene location in Rishikesh, India
- **ONGOING SUPPORT** — We are with you in every step of your journey

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INDEPENDENT HEALTHY LIVING

Stay Active. Stay Independent. Live Life Fully.

Empowering Seniors for Confident & Independent Living

Our Ayurvedic program supports seniors to maintain their independence, mobility, energy and overall well-being through personalized care, healthy habits and natural healing.

YOUR HEALTH
YOUR INDEPENDENCE
OUR SUPPORT

- Maintain Independence
- Stay Active & Mobile
- Prevent Illness & Injuries
- Strengthen Mind & Memory
- Emotional Balance & Inner Peace
- Better Quality of Life

OUR INDEPENDENT HEALTHY LIVING PROGRAM INCLUDES

PERSONALIZED AYURVEDIC CONSULTATION
Understand your Prakriti, health conditions and wellness goals.

NUTRITION & DIET GUIDANCE
Sattvic, balanced meals to improve immunity, digestion and energy.

YOGA & PRANAYAMA
Improve flexibility, balance, breathing, strength and lung health.

MEDITATION & STRESS MANAGEMENT
Reduce stress, anxiety and promote mental clarity & calmness.

HERBAL WELLNESS SUPPORT
Natural herbs and therapies to support healing, vitality and longevity.

ACTIVE & INDEPENDENT LIFESTYLE COACHING
Daily routine, safe movement, fall prevention and social engagement.

PROGRAM BENEFITS

- Supports independence and self-reliance
- Improves strength, balance and stamina
- Enhances immunity and natural healing
- Better sleep and stress relief
- Promotes heart, joint and bone health
- Sharpen memory and mental function
- Encourages healthy daily habits
- Brings happiness and purpose to life

WHO CAN BENEFIT?

- Seniors (60+)
- Individuals with lifestyle concerns
- People managing chronic conditions
- Those seeking natural healing
- Anyone who wants to live independently and actively

WHY CHOOSE OM AYURVEDA?

- Experienced Ayurvedic Doctors & Therapists
- Personalized Holistic Care
- Natural, Safe & Effective Therapies
- Authentic Ayurveda from Rishikesh
- Continuous Guidance & Support
- Programs designed for Independent Living

- HOLISTIC APPROACH — Body, Mind & Spirit
- NATURAL & SAFE — Ayurvedic Therapies
- COMPASSIONATE CARE — Respect | Dignity | Support
- PEACEFUL ENVIRONMENT — Rishikesh, Uttarakhand
- ONGOING SUPPORT — Every Step of the Way

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GRACEFUL AGING WITH AYURVEDA

Age with Health, Wisdom & Joy

Natural Care for a Vibrant, Active & Fulfilling Life

Ayurveda supports you to age gracefully by nourishing your body, calming your mind and uplifting your spirit with personalized care, daily routines and healthy habits.

HEALTHY AGING HAPPY LIVING

- Ayurvedic Lifestyle Guidance
- Balanced Nutrition
- Yoga & Pranayama
- Meditation & Mental Peace
- Better Sleep & Daily Routine
- Immunity & Natural Healing
- Active Independence
- Emotional Well-being

OUR GRACEFUL AGING PROGRAM INCLUDES

PERSONALIZED AYURVEDIC CONSULTATION
Understand your Prakriti, health conditions, lifestyle and goals.

NUTRITION & DIET GUIDANCE
Sattvic, easy to digest meals to improve energy and immunity.

YOGA & PRANAYAMA
Gentle practices to improve flexibility, strength and breathing.

MEDITATION & STRESS MANAGEMENT
Techniques to reduce stress, anxiety and promote inner peace.

HERBAL WELLNESS SUPPORT
Natural herbs and therapies to support healthy aging and vital organs.

SLEEP & DAILY ROUTINE
Improve sleep quality and maintain a healthy daily routine.

ACTIVE LIFESTYLE & INDEPENDENCE
Tips for mobility, balance, fall prevention and independent living.

BENEFITS OF GRACEFUL AGING

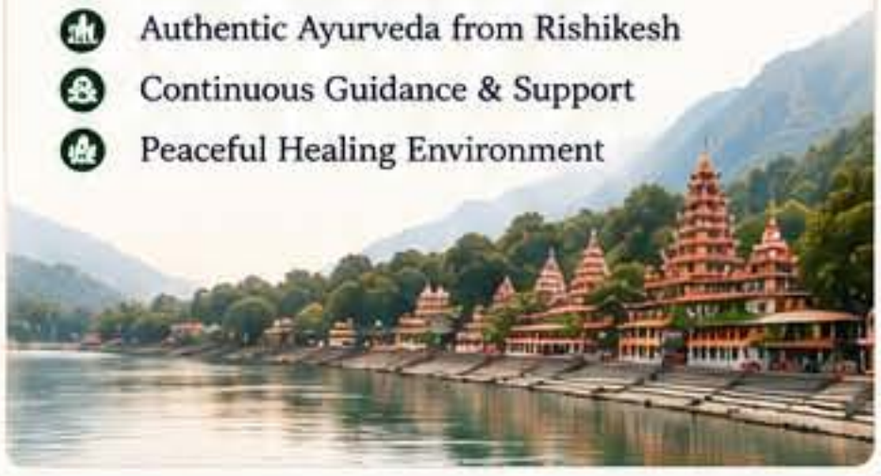
- Supports healthy aging and vitality
- Improves strength, stamina and mobility
- Boosts immunity and natural healing
- Enhances memory and mental clarity
- Promotes better sleep and digestion
- Reduces stress and emotional imbalance
- Encourages independence and confidence
- Brings joy, purpose and inner peace

WHO CAN BENEFIT?

- Seniors (60+)
- Individuals with age-related concerns
- People seeking a natural lifestyle
- Those who want to stay active
- Anyone who wants to age gracefully and independently

WHY CHOOSE OM AYURVEDA?

- Experienced Ayurvedic Doctors & Therapists
- Personalized, Holistic Care
- Natural, Safe & Effective Solutions
- Authentic Ayurveda from Rishikesh
- Continuous Guidance & Support
- Peaceful Healing Environment



HOLISTIC APPROACH
Body, Mind & Spirit

NATURAL & SAFE
100% Natural Therapies & Herbal Support

COMPASSIONATE CARE
Respect | Dignity | Support

PEACEFUL ENVIRONMENT
Serene Location in Rishikesh, India

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WALKING FOR WELLNESS WITH AYURVEDA

Every Step Towards Better Health

Walk daily for a stronger heart, fitter body, calmer mind and a happier life.

HEALTH BENEFITS OF WALKING

- Supports heart health and better circulation
- Improves joint mobility and flexibility
- Strengthens muscles and bones
- Enhances balance and coordination
- Helps maintain healthy weight
- Boosts immunity
- Reduces stress and improves mental well-being
- Promotes healthy aging and long life

WE ARE HERE TO CARE FOR YOU

OUR WALKING FOR WELLNESS PROGRAM

Personalized Ayurvedic Consultation

Walking & Mobility Assessment

Yoga & Pranayama

Healthy Nutrition & Herbal Support

Lifestyle Guidance & Stress Management

WALKING TIPS FOR BETTER HEALTH

- Walk at least 30 minutes daily
- Keep a steady, comfortable pace
- Walk in fresh air, preferably in natural surroundings
- Wear supportive, comfortable footwear
- Stay hydrated
- Combine with yoga, stretching and healthy nutrition
- Maintain a positive mindset

OUR HOLISTIC APPROACH

Stronger Body | Calmer Mind | Better Balance | Active Lifestyle

Walk More • Smile More • Live Better

TAKE THE FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU

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GENTLE YOGA FOR SENIORS

MOVE WITH EASE, LIVE WITH VITALITY

Yoga at any age can improve your strength, flexibility, balance and mental well-being.
Our gentle yoga program is specially designed for seniors to support healthy aging and a happy, independent life.

- IMPROVES FLEXIBILITY
- ENHANCES BALANCE
- STRENGTHENS MUSCLES
- REDUCES STRESS & ANXIETY
- SUPPORTS HEART HEALTH
- PROMOTES INDEPENDENCE

OUR GENTLE YOGA PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized wellness plan.

GENTLE YOGA POSTURES
Safe and effective yoga asanas for strength, flexibility and mobility.

PRANAYAMA & BREATHING
Breathing exercises to improve lung function, energy and relaxation.

MEDITATION & RELAXATION
Calm the mind, improve focus and enhance emotional well-being.

AYURVEDIC NUTRITION
Balanced diet and herbal support to nourish the body and mind.

HERBAL WELLNESS
Natural herbs and therapies to support vitality, immunity and healthy aging.

BENEFITS OF GENTLE YOGA FOR SENIORS

- Improves flexibility and range of motion
- Enhances balance and coordination
- Strengthens muscles and bones
- Supports joint health and mobility
- Reduces stress and promotes relaxation
- Improves sleep quality and energy
- Supports heart health and circulation
- Boosts mood and mental well-being
- Encourages independence and confidence
- Enhances overall quality of life

WHO CAN BENEFIT?

- SENIORS & ELDERLY
- PEOPLE WITH STIFFNESS
- RECOVERING FROM ILLNESS OR SURGERY
- PEOPLE WITH JOINT DISCOMFORT
- ANYONE SEEKING A HEALTHIER LIFE

SUITABLE FOR

- Beginners & all fitness levels
- No prior yoga experience needed
- Chair yoga options available
- Safe, supportive & compassionate guidance
- Small groups & personalized attention

WHY CHOOSE OM AYURVEDA?

- Authentic Ayurvedic Guidance
- Natural Therapies & Herbal Wellness
- Experienced Yoga Instructors
- Holistic Approach for Body, Mind & Spirit
- We Are Here to Care for You

START YOUR JOURNEY TO HEALTHY AGING TODAY

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WE ARE HERE TO CARE FOR YOU

COMPLETE HOLISTIC SENIOR WELLNESS PROGRAM

Age Gracefully. Live Healthily. Thrive Naturally.

A Complete Ayurvedic Approach for Healthy Aging & Vibrant Living

Our integrated program combines authentic Ayurveda, personalized care and natural therapies to support physical health, emotional balance, mental clarity and spiritual well-being.

HOLISTIC CARE FOR A HEALTHY, HAPPY & FULFILLING LIFE

- Personalized Ayurvedic Care
- Nutrition & Diet Guidance
- Yoga & Pranayama
- Meditation & Mental Well-being
- Herbal Wellness Support
- Better Sleep & Daily Routine
- Immunity & Disease Prevention
- Mobility & Balance Support
- Emotional Balance & Happiness

OUR COMPLETE HOLISTIC SENIOR WELLNESS PROGRAM INCLUDES

PERSONALIZED AYURVEDIC CONSULTATION
In-depth assessment of Prakriti, health conditions, lifestyle, habits & wellness goals.

PANCHAKARMA THERAPIES
Detoxify, rejuvenate & restore balance (as per individual needs).

HEALTHY NUTRITION & DIET PLAN
Sattvic, balanced meals to improve digestion, immunity & energy.

YOGA, PRANAYAMA & MEDITATION
Gentle practices for strength, flexibility, breathing, stress relief & inner peace.

HERBAL WELLNESS & AYURVEDIC SUPPORT
Natural herbs & therapies to support healthy aging, vitality & longevity.

LIFESTYLE COACHING & DAILY ROUTINE
Guidance for healthy habits, better sleep, stress management, & a joyful lifestyle.

KEY BENEFITS

- Supports healthy aging & longevity
- Improves strength, stamina & flexibility
- Enhances immunity & reduces disease risk
- Promotes better digestion & nutrition
- Improves sleep quality & energy
- Supports mental clarity & emotional balance
- Encourages independence & confidence
- Enhances overall quality of life

WHO CAN JOIN?

- Seniors (60+)
- Individuals with lifestyle disorders
- Those with chronic health conditions
- People seeking natural & holistic care
- Anyone who wants to age gracefully & live fully

WHY CHOOSE OM AYURVEDA?

- Experienced Ayurvedic Doctors & Therapists
- Personalized Holistic Care
- Natural, Safe & Effective Therapies
- Authentic Ayurveda from Rishikesh
- Peaceful Healing Environment
- Continuous Guidance & Support

- HOLISTIC APPROACH — Body, Mind & Spirit
- NATURAL & SAFE — 100% Natural Therapies & Herbal Support
- COMPASSIONATE CARE — Respect | Dignity | Support
- PEACEFUL ENVIRONMENT — Serene Location in Rishikesh, India
- ONGOING SUPPORT — Every Step of Your Journey

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SCAN QR CODE TO BOOK YOUR CONSULTATION TODAY!

- AUTHENTIC AYURVEDIC CARE
- EXPERIENCED AYURVEDIC DOCTORS
- PERSONALIZED TREATMENT
- NATURAL & SAFE THERAPIES
- HOLISTIC CARE FOR BODY, MIND & SOUL
- PEACEFUL ENVIRONMENT IN RISHIKESH

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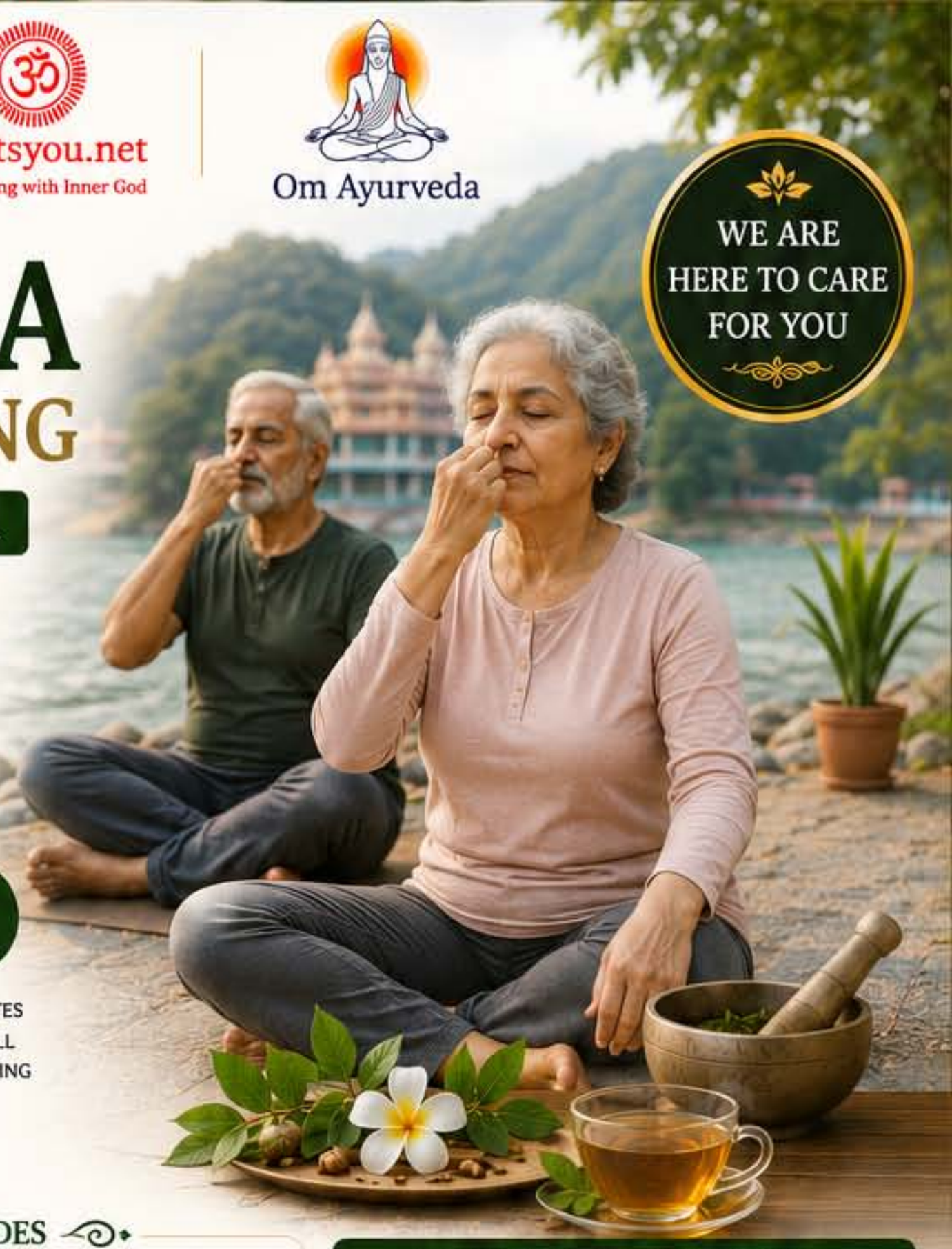
PRANAYAMA
FOR HEALTHY AGING

BREATHE BETTER, LIVE BETTER

Pranayama, the ancient science of mindful breathing, supports healthy aging by improving lung function, boosting energy, reducing stress, and promoting mental clarity and inner peace.



- IMPROVES LUNG HEALTH
- ENHANCES MENTAL CLARITY
- REDUCES STRESS & ANXIETY
- SUPPORTS HEART HEALTH
- PROMOTES OVERALL WELL-BEING

OUR PRANAYAMA PROGRAM INCLUDES

PERSONALIZED CONSULTATION

Ayurvedic assessment and personalized wellness plan.

GUIDED PRANAYAMA

Learn effective breathing techniques in a safe and supportive environment.

RELAXATION & MEDITATION

Calm the mind, improve focus and enhance emotional well-being.

GENTLE YOGA & STRETCHING

Improve flexibility, posture and physical balance.

HERBAL WELLNESS & NUTRITION

Ayurvedic herbs, herbal drinks and nutrition to nourish body and mind.

BENEFITS OF PRANAYAMA FOR HEALTHY AGING

- Improves lung capacity and respiratory health
- Enhances oxygenation and energy levels
- Reduces stress, anxiety and depression
- Improves mental clarity and memory
- Supports heart health and circulation
- Helps regulate blood pressure
- Boosts immunity and overall vitality
- Promotes better sleep and relaxation
- Enhances emotional balance and happiness
- Supports graceful and healthy aging

EFFECTIVE PRANAYAMA TECHNIQUES

ANULOM VILOM

Balances left & right brain, improves concentration and respiratory health.

BHRAMARI

Reduces stress and anxiety, improves focus and promotes deep relaxation.

DIRGHA SHWAS (DEEP BREATHING)

Improves lung capacity, calms the mind and reduces tension.

KAPALABHATI (GENTLE)

Detoxifies body, boosts digestion and enhances energy.

WHO CAN BENEFIT?

- SENIORS & ELDERLY
- PEOPLE WITH STRESS & ANXIETY
- PEOPLE WITH RESPIRATORY CONCERNS
- HEALTH CONSCIOUS INDIVIDUALS
- ANYONE SEEKING BALANCE & WELL-BEING

'When you own your breath, nobody can steal your peace.
– Ancient Yogic Wisdom

EXPERT GUIDANCE | SAFE & EFFECTIVE | HOLISTIC APPROACH | NATURAL HEALING

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MEDITATION FOR SENIORS

CALM THE MIND, ENRICH THE SPIRIT

Meditation is a powerful way to support healthy aging, emotional balance, mental clarity and overall well-being. Our gentle meditation program is designed especially for seniors to promote relaxation, reduce stress and bring inner peace to everyday life.

- REDUCES STRESS & ANXIETY
- IMPROVES MENTAL CLARITY
- SUPPORTS HEART HEALTH
- ENHANCES EMOTIONAL WELL-BEING
- IMPROVES SLEEP QUALITY
- BOOSTS IMMUNITY

OUR MEDITATION PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized wellness plan.

GUIDED MEDITATION
Easy and effective meditation techniques for seniors.

BREATHING EXERCISES
Pranayama to improve lung function and relax the mind.

RELAXATION TECHNIQUES
Simple relaxation methods for deep calm and inner peace.

HERBAL WELLNESS
Ayurvedic herbs and natural therapies to support mind and body.

HEALTHY LIFESTYLE
Sattvic diet and daily routines for overall well-being.

BENEFITS OF MEDITATION FOR SENIORS

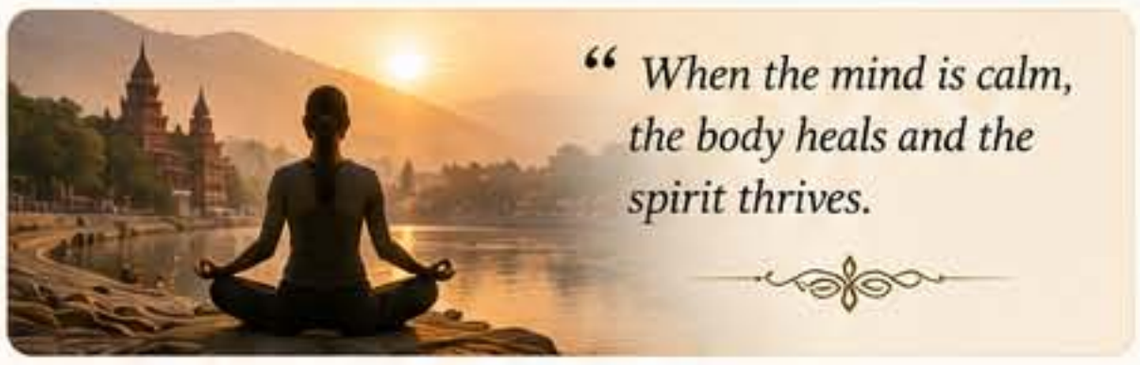
- Reduces stress, worry and negative thoughts
- Enhances focus, memory and concentration
- Supports emotional balance and happiness
- Improves sleep and energy levels
- Promotes heart health and healthy blood pressure
- Supports healthy aging and longevity
- Encourages inner peace and spiritual growth
- Improves overall quality of life

SUITABLE FOR

- SENIORS & ELDERLY
- STRESS & ANXIETY
- SLEEP CHALLENGES
- EMOTIONAL BALANCE
- OVERALL WELL-BEING

DAILY MEDITATION TIPS

- Choose a quiet and peaceful space
- Meditate at the same time every day
- Sit comfortably with a straight back
- Focus on your breath and be present
- Start with 10–15 minutes and increase gradually
- Be consistent and patient with yourself



“When the mind is calm, the body heals and the spirit thrives.”

Holistic care for mind, body and soul with Ayurveda.

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RELAXATION TECHNIQUES

WITH AYURVEDA

Relax Deeply. Restore Naturally. Live Peacefully.

Our Relaxation Techniques Program combines ancient Ayurvedic wisdom with simple yet powerful practices to help you reduce stress, improve sleep, calm the mind and restore your natural balance.

- REDUCES STRESS & ANXIETY
- CALMS THE MIND
- IMPROVES SLEEP
- SUPPORTS HEART HEALTH
- BOOSTS IMMUNITY
- PROMOTES OVERALL WELL-BEING

OUR RELAXATION TECHNIQUES INCLUDE

SHIRODHARA

Soothes the nervous system, relieves stress, anxiety and promotes mental clarity.

ABHYANGA (MARMA MASSAGE)

Nourishes the body, improves circulation and brings deep relaxation.

GUIDED MEDITATION

Calms the mind, improves focus and promotes inner peace.

PRANAYAMA (BREATHING)

Balances energy, improves lung function and reduces stress.

YOGA NIDRA (DEEP RELAXATION)

Deep relaxation technique that rejuvenates body and mind.

HERBAL WELLNESS

Natural herbs and therapies to calm the mind and support healing.

BENEFITS OF RELAXATION TECHNIQUES

- Reduces stress and tension
- Promotes deep and restful sleep
- Improves mental clarity and concentration
- Enhances emotional balance
- Supports heart health and healthy blood pressure
- Relieves fatigue and improves energy
- Strengthens the nervous system
- Supports digestion and detoxification
- Boosts immunity and overall vitality
- Encourages healthy aging and longevity
- Improves overall quality of life

DAILY RELAXATION PRACTICES

- Take deep breaths regularly
- Meditate 10–15 minutes daily
- Drink warm herbal tea
- Sleep early and wake refreshed
- Spend quiet time in reading or nature

SUPPORTIVE LIFESTYLE

- Eat sattvic, fresh and nourishing foods
- Stay hydrated
- Avoid excessive caffeine and screen time
- Spend time in nature
- Follow a regular sleep routine

"True relaxation is not laziness, it is the art of giving your body, mind and soul the time they need to heal and renew."

EXPERIENCE DEEP RELAXATION AND HOLISTIC WELLNESS

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BETTER SLEEP NATURALLY

REST WELL, WAKE REFRESHED

Good sleep is the foundation of good health. Ayurveda helps you fall asleep faster, stay asleep longer and wake up feeling fresh and energetic.

- IMPROVES SLEEP QUALITY
- CALMS THE MIND
- REDUCES STRESS & ANXIETY
- SUPPORTS HEART HEALTH
- BOOSTS ENERGY & WELL-BEING

OUR NATURAL SLEEP ENHANCEMENT PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and a customized wellness plan.

YOGA & PRANAYAMA
Gentle yoga and breathing techniques to relax body and mind.

MEDITATION & YOGA NIDRA
Guided relaxation practices for deep rest and mental calmness.

AYURVEDIC THERAPIES
Soothing therapies like Shirodhara and Abhyanga (as advised).

HERBAL WELLNESS GUIDANCE
Ayurvedic herbs and natural remedies to support better sleep.

AYURVEDIC NUTRITION
Sattvic diet and meal guidance for sound sleep and overall well-being.

BENEFITS OF BETTER SLEEP

- Improves sleep quality and duration
- Helps you fall asleep faster
- Reduces stress and anxiety
- Calms the nervous system
- Enhances memory and concentration
- Improves mood and emotional balance
- Boosts immunity and overall health
- Supports heart health
- Regulates hormones naturally
- Increases daily energy and productivity
- Promotes healthy aging and longevity

AYURVEDIC EVENING ROUTINE FOR BETTER SLEEP

- Have a light, warm and Sattvic dinner
- Avoid screens and digital devices
- Take warm herbal tea like Ashwagandha, Chamomile or Tulsi
- Practice gentle Pranayama or meditation
- Go to bed early and maintain a regular sleep schedule
- Keep your room calm, dark, quiet and cool

AYURVEDIC HERBS THAT SUPPORT BETTER SLEEP

ASHWAGANDHA

BRAHMI

JATAMANSI

SHANKHAPUSHPI

TAGARA

"Sleep is the best meditation. A calm mind, a peaceful heart and a healthy body lead to a joyful life.

INVEST IN YOUR SLEEP. INVEST IN YOUR HEALTH.

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STRESS MANAGEMENT WITH AYURVEDA

FIND BALANCE, LIVE PEACEFULLY

Stress is a part of life, but it doesn't have to control you. Ayurveda offers natural and holistic solutions to manage stress, calm the mind, and restore inner balance for a healthier, happier you.

- REDUCES STRESS & ANXIETY
- CALMS THE MIND
- ENHANCES EMOTIONAL BALANCE
- SUPPORTS HEART HEALTH
- BOOSTS IMMUNITY
- IMPROVES OVERALL WELL-BEING

OUR STRESS MANAGEMENT PROGRAM INCLUDES

PERSONALIZED CONSULTATION

Ayurvedic assessment and personalized stress management plan.

AYURVEDIC THERAPIES

Shirodhara, Abhyanga and other therapies help calm the nervous system.

YOGA & PRANAYAMA

Gentle yoga and breathing techniques to relax body and mind.

MEDITATION & MINDFULNESS

Guided meditation and mindfulness practices for mental clarity and peace.

HERBAL WELLNESS

Ayurvedic herbs and natural remedies to support stress relief and vitality.

AYURVEDIC NUTRITION

Sattvic diet and lifestyle guidance for a balanced mind and body.

BENEFITS OF STRESS MANAGEMENT

- Reduces stress, worry and tension
- Calms the mind and improves focus
- Enhances emotional resilience
- Improves sleep quality
- Supports heart health and balanced blood pressure
- Boosts immunity and energy
- Relieves fatigue and burnout
- Encourages positive mood
- Supports healthy aging and longevity
- Improves overall quality of life

DAILY STRESS RELIEF PRACTICES

- Practice Pranayama daily
- Meditate for 10–15 minutes
- Drink herbal teas like Brahmi, Tulsi or Ashwagandha
- Take breaks and spend time in nature
- Maintain a regular sleep routine
- Stay positive and practice gratitude

> *"You can't always control what goes on outside, but you can always control what goes on inside."*
>
> – Wayne Dyer

AYURVEDA CARES FOR YOUR BODY, MIND & SOUL

LIVE STRESS-FREE, LIVE FULLY

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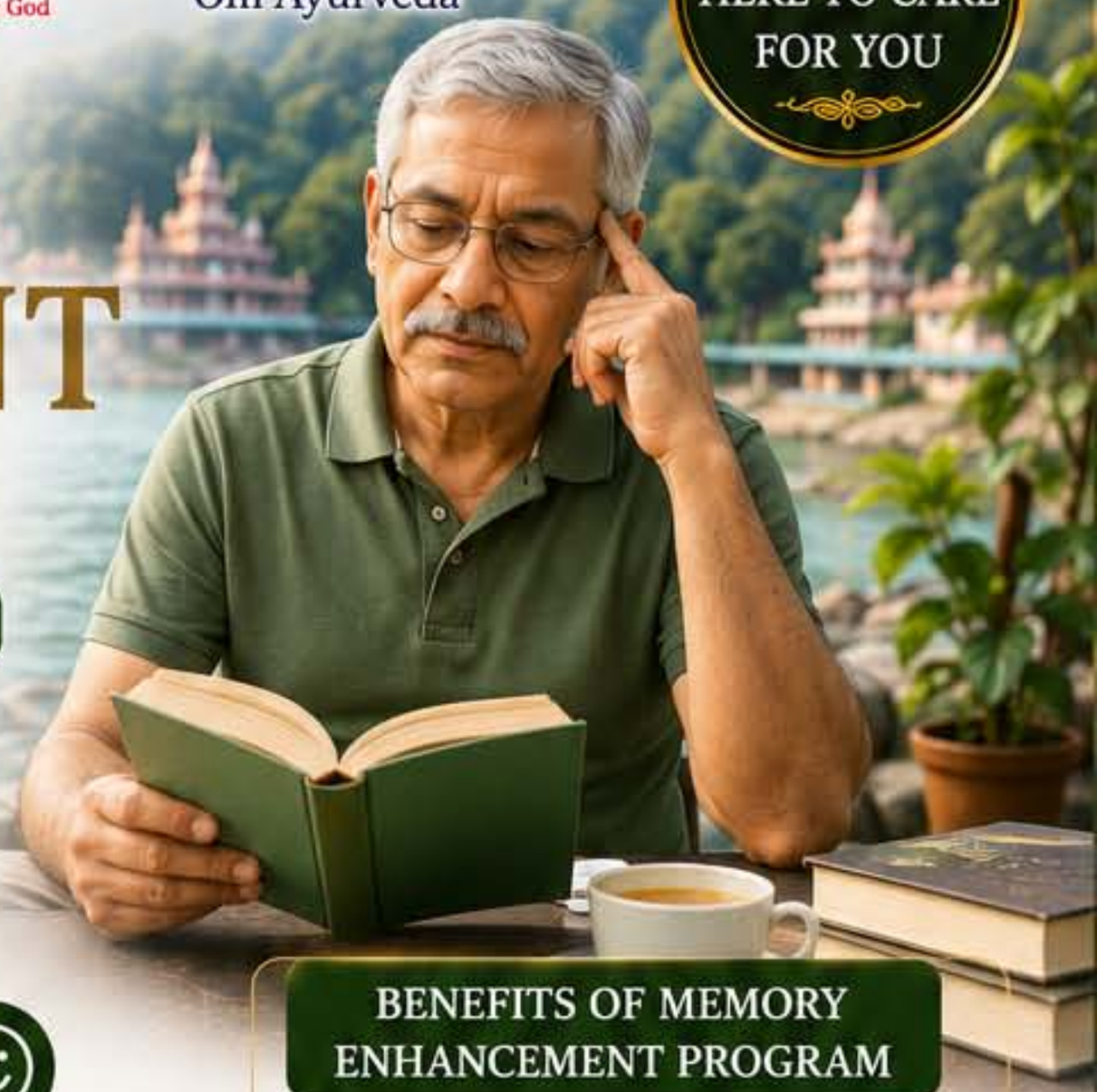
MEMORY ENHANCEMENT WITH AYURVEDA



NURTURE YOUR MIND, STRENGTHEN YOUR MEMORY

A sharp memory is essential for a happy, independent and fulfilling life. Ayurveda offers natural and holistic ways to support brain health, improve memory, concentration and mental clarity.

- IMPROVES MEMORY
- ENHANCES FOCUS
- BOOSTS MENTAL CLARITY
- REDUCES STRESS & ANXIETY
- SUPPORTS BRAIN HEALTH
- PROMOTES EMOTIONAL WELL-BEING

BENEFITS OF MEMORY ENHANCEMENT PROGRAM

- Improves memory and recall
- Enhances concentration and learning ability
- Supports brain function and cognitive health
- Reduces mental fatigue and stress
- Promotes mental clarity and sharpness
- Improves focus and productivity
- Supports healthy aging and independence
- Enhances sleep quality
- Boosts emotional balance and confidence
- Improves overall quality of life

OUR MEMORY ENHANCEMENT PROGRAM INCLUDES

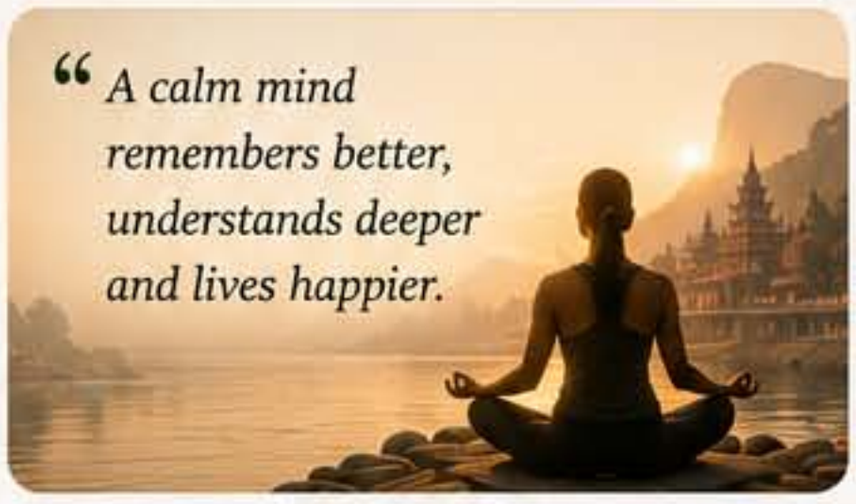
PERSONALIZED CONSULTATION
Ayurvedic assessment and customized plan for brain wellness.

YOGA & PRANAYAMA
Gentle yoga and breathing techniques to improve oxygen flow to the brain.

MEDITATION & MINDFULNESS
Calms the mind, improves focus and supports memory retention.

AYURVEDIC HERBS
Medhya (brain nourishing) herbs like Brahmi, Shankhpushpi, Ashwagandha and Jatamansi.

BRAIN-SUPPORTIVE NUTRITION
Sattvic diet with nuts, seeds, fruits, whole grains and herbal support for the brain.



DAILY PRACTICES FOR A HEALTHY BRAIN

- Wake up early and start the day with gratitude
- Practice Pranayama daily
- Meditate for 10–15 minutes
- Read good books and learn new things
- Do memory games and brain exercises
- Eat fresh, light and nutritious food
- Take regular breaks and spend time in nature
- Sleep well and maintain a routine

AYURVEDIC HERBS FOR BRAIN WELLNESS

BRAHMI
Improves memory and learning

SHANKHPUSHPI
Enhances focus and concentration

ASHWAGANDHA
Reduces stress and improves cognition

JATAMANSI
Supports mental clarity and calmness

SUITABLE FOR

SENIORS | STUDENTS | PROFESSIONALS | ANYONE WANTING BETTER BRAIN HEALTH

LIVE MINDFULLY. THINK CLEARLY. REMEMBER CONFIDENTLY.

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NATURAL HEALING — Safe & Effective
HOLISTIC WELLNESS — Body, Mind & Soul
HEALTHY LIFESTYLE — For a Better You

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HEALTHY AGING

Live Strong. Live Joyfully.

NURTURING BODY, MIND & SPIRIT THROUGH AYURVEDA

Ayurveda believes that aging is a natural and beautiful journey. With the right care, lifestyle, nutrition and therapies, you can enjoy vitality, independence and lasting well-being.

AGE GRACEFULLY EVERY DAY

OUR HEALTHY AGING PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Herbal Support for Vitality & Immunity
- Panchakarma & Rejuvenation Therapies
- Abhyanga (Therapeutic Oil Massage)
- Gentle Yoga & Pranayama
- Meditation & Stress Management
- Balanced Nutrition & Ayurvedic Diet
- Better Sleep & Digestive Health
- Joint Care & Mobility Support
- Home Wellness Plans
- Monthly Consultation Memberships

AUTHENTIC THERAPIES

YOGA & PRANAYAMA

AYURVEDIC NUTRITION

MEDITATION & INNER PEACE

BENEFITS OF HEALTHY AGING

- Improves Strength & Stamina
- Boosts Immunity
- Supports Joint & Bone Health
- Enhances Memory & Focus
- Promotes Better Sleep
- Emotional Balance & Happiness
- Supports Heart Health
- Promotes Longevity & Well-being

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JOINT CARE NATURALLY
WITH AYURVEDA

MOVE FREELY • LIVE COMFORTABLY • AGE GRACEFULLY

Relieve joint pain, reduce inflammation and improve mobility with authentic Ayurvedic care and holistic therapies.

OUR JOINT CARE APPROACH

- Personalized Ayurvedic Consultation
- Herbal Therapies
- Abhyanga (Therapeutic Oil Massage)
- Gentle Yoga & Stretching
- Joint Mobility Exercises
- Anti-Inflammatory Ayurvedic Diet
- Lifestyle Guidance
- Vedic Mantra Chanting for Relaxation
- Home Wellness Plans
- Monthly Wellness Memberships

HOLISTIC HEALING FOR STRONGER Joints & Better Living

AYURVEDIC THERAPIES

GENTLE YOGA & EXERCISE

NUTRITION FOR HEALTHY JOINTS

BENEFITS

- Reduces Pain & Inflammation
- Improves Mobility
- Enhances Flexibility
- Supports Overall Well-being
- Promotes Healthy & Active Life

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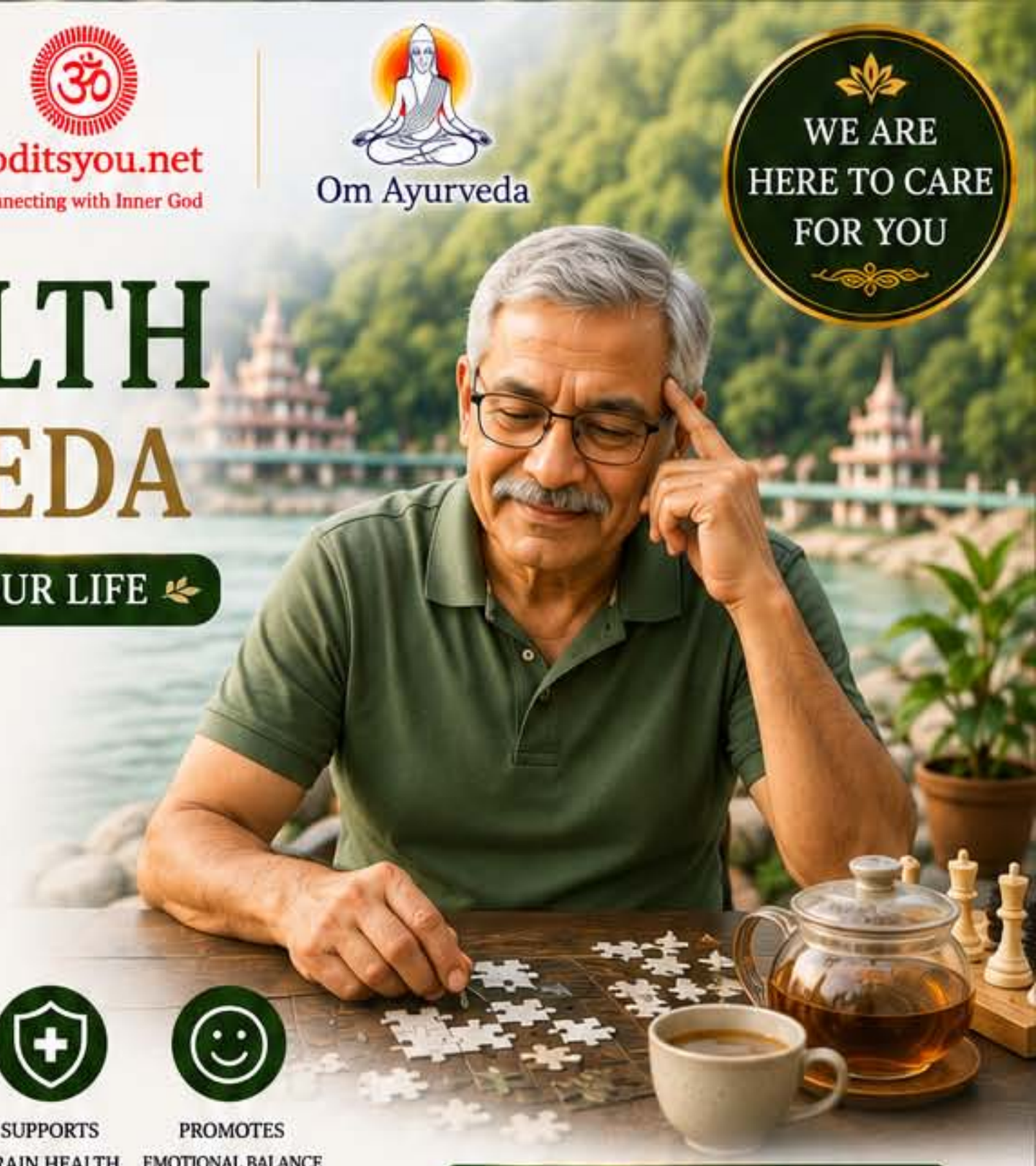
BRAIN HEALTH WITH AYURVEDA

NOURISH YOUR MIND, ENRICH YOUR LIFE

A healthy brain helps you think clearly, stay active and enjoy every moment of life. Ayurveda offers natural and holistic ways to support memory, concentration, focus and overall mental well-being.



- IMPROVES MEMORY
- ENHANCES CONCENTRATION
- BOOSTS MENTAL CLARITY
- REDUCES STRESS & ANXIETY
- SUPPORTS BRAIN HEALTH
- PROMOTES EMOTIONAL BALANCE

OUR BRAIN HEALTH PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and customized plan for brain wellness.

YOGA & PRANAYAMA
Gentle yoga and breathing techniques to improve oxygen flow to the brain.

MEDITATION & MINDFULNESS
Calms the mind, improves focus and supports memory retention.

AYURVEDIC HERBS
Medhya (brain nourishing) herbs like Brahmi, Shankhpushpi, Ashwagandha and Jatamansi.

BRAIN-SUPPORTIVE NUTRITION
Sattvic diet with nuts, seeds, fruits, whole grains and herbal support for the brain.

COGNITIVE ACTIVITIES
Reading, puzzles, learning new skills and memory exercises.

BENEFITS OF GOOD BRAIN HEALTH

- Improves memory and recall
- Enhances concentration and learning ability
- Supports mental clarity and focus
- Reduces stress, anxiety and brain fog
- Promotes emotional balance
- Supports healthy brain function
- Improves sleep quality
- Boosts creativity and decision making
- Supports healthy aging and independence
- Improves overall quality of life

DAILY HABITS FOR A HEALTHY BRAIN

- Wake up early and start the day with gratitude
- Practice Pranayama daily
- Meditate for 10–15 minutes
- Eat fresh, light and nutritious food
- Stay hydrated and avoid excessive caffeine
- Do brain exercises and memory games
- Take regular walks in nature
- Sleep well and maintain a routine

AYURVEDIC HERBS FOR BRAIN WELLNESS

BRAHMI
Improves memory and learning

SHANKHPUSHPI
Enhances focus and concentration

ASHWAGANDHA
Reduces stress and supports brain function

JATAMANSI
Supports calmness and mental clarity

SUITABLE FOR

- SENIORS
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- PROFESSIONALS
- ANYONE WANTING BETTER BRAIN HEALTH

INVEST IN YOUR BRAIN TODAY FOR A BRIGHTER TOMORROW

BOOK YOUR CONSULTATION TODAY

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HOLISTIC CARE, NATURAL HEALING

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Rishikesh, Uttarakhand, India

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AUTHENTIC CARE
Ancient Wisdom

NATURAL HEALING
Safe & Effective

HOLISTIC WELLNESS
Body, Mind & Soul

HEALTHY LIFESTYLE
For a Better You

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WE ARE HERE TO CARE FOR YOU

DEMENTIA AWARENESS

Understanding, Compassion. Support. Together.

Dementia is not a normal part of aging.
It is a condition that affects memory, thinking, behavior and daily life. Early awareness, healthy lifestyle and holistic care can make a positive difference in quality of life.

AWARENESS TODAY BETTER TOMORROW

SIGNS TO WATCH FOR

- Memory loss that disrupts daily life
- Difficulty in planning or solving problems
- Confusion with time or place
- Trouble with words or communication
- Poor judgment or decision making
- Changes in mood, behavior or personality
- Loss of interest in hobbies or activities

If you notice these signs in someone you care about, consult a healthcare professional.

WAYS TO SUPPORT BRAIN HEALTH

KEEP THE MIND ACTIVE
Engage in memory games, reading, puzzles and social interaction.

STAY PHYSICALLY ACTIVE
Practice yoga, walking and gentle exercises daily.

MANAGE STRESS
Practice pranayama, meditation and mindfulness.

EAT BRAIN-HEALTHY FOODS
Include fresh fruits, vegetables, nuts, seeds, whole grains and healthy fats.

AYURVEDIC SUPPORT
Beneficial herbs like Brahmi, Shankhpushpi, Ashwagandha and Jatamansi support brain wellness.

SLEEP WELL
Quality sleep is essential for memory, learning and mental clarity.

BENEFITS OF AWARENESS & EARLY SUPPORT

- Promotes early evaluation and timely care
- Supports memory, focus and mental clarity
- Enhances emotional well-being and confidence
- Improves daily functioning and quality of life
- Reduces stress for individuals and caregivers
- Encourages a caring and supportive environment
- Supports healthy aging and independence

Together, we can create a more understanding and compassionate community.

OUR DEMENTIA AWARENESS & BRAIN WELLNESS PROGRAM INCLUDES

Personalized Ayurvedic Consultation

Brain Health Assessment & Guidance

Ayurvedic Herbal Support & Nutrition

Yoga & Pranayama for Seniors

Meditation & Mindfulness Practices

Memory Activities & Cognitive Exercises

Family & Caregiver Education & Support

Healthy Lifestyle & Daily Routine Guidance

Compassion, patience and healthy habits can help individuals and families cope better.
You are not alone. We are here to support you.

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Holistic Care for Body, Mind & Soul | Natural Healing Safe & Effective | Healthy Aging with Dignity | Empowering Families with Knowledge | Building a Caring & Supportive Community

EMPOWERING MINDS. ENRICHING LIVES. TOGETHER.

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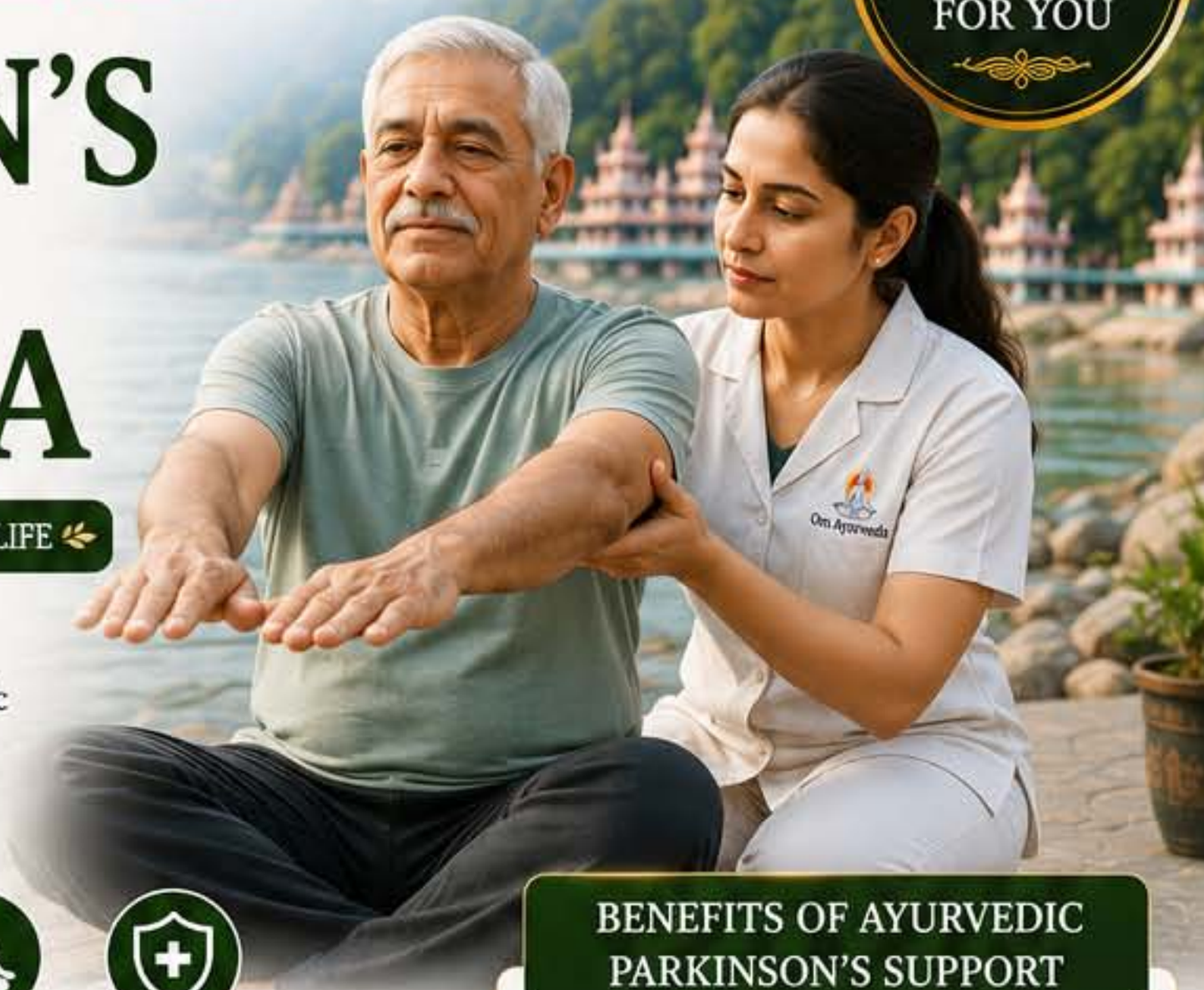
PARKINSON'S SUPPORT WITH AYURVEDA



COMPASSIONATE CARE FOR BETTER QUALITY OF LIFE

Parkinson's disease can affect movement, balance, and daily activities. Ayurveda offers natural and holistic ways to support body and mind, improve comfort, mobility and overall well-being.

- IMPROVES MOBILITY & BALANCE
- SUPPORTS MUSCLE FUNCTION
- REDUCES STRESS & ANXIETY
- SUPPORTS BRAIN HEALTH
- ENHANCES EMOTIONAL WELL-BEING
- IMPROVES QUALITY OF LIFE

BENEFITS OF AYURVEDIC PARKINSON'S SUPPORT

- Supports mobility and flexibility
- Helps improve balance and coordination
- Reduces stiffness and muscle tension
- Supports nervous system health
- Promotes better sleep and relaxation
- Enhances mood and emotional well-being
- Supports digestion and overall health
- Encourages independence in daily activities
- Improves overall quality of life

OUR PARKINSON'S SUPPORT PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized wellness plan.

YOGA & MOVEMENT THERAPY
Gentle yoga, stretching and balance exercises to improve mobility and flexibility.

PRANAYAMA & MEDITATION
Breathing techniques and meditation to reduce stress and calm the mind.

AYURVEDIC THERAPIES
Abhyanga, Shirodhara and other therapies to relax body and nervous system.

NUTRITION GUIDANCE
Ayurvedic diet plan using wholesome, easy-to-digest and nourishing foods.

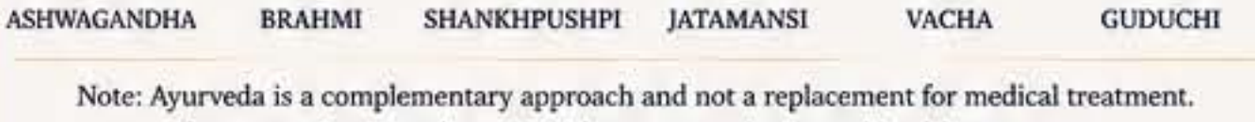
HERBAL SUPPORT
Herbal formulations to support brain health and overall well-being.

Small steps today lead to better tomorrow.

DAILY PRACTICES FOR BETTER LIVING

- Start the day with gratitude and positive thoughts
- Practice Pranayama daily
- Do gentle exercises or walking
- Eat warm, fresh and nourishing food
- Stay socially connected and engaged
- Get adequate sleep and rest
- Follow a regular routine

AYURVEDIC HERBS TRADITIONALLY USED TO SUPPORT NERVOUS SYSTEM HEALTH



ASHWAGANDHA | BRAHMI | SHANKHPUSHPI | JATAMANSI | VACHA | GUDUCHI

Note: Ayurveda is a complementary approach and not a replacement for medical treatment. Always continue regular care with your neurologist and healthcare team.

SENIORS | CAREGIVERS | FAMILIES | SUPPORT GROUPS | BETTER TOGETHER

YOUR WELL-BEING IS OUR PRIORITY

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HEALTHY VISION CARE WITH AYURVEDA

SEE LIFE CLEARLY, AGE GRACEFULLY

Your eyes are precious. Ayurveda offers natural and holistic ways to support eye health, reduce eye strain and protect your vision for a brighter tomorrow.

- SUPPORTS EYE HEALTH
- REDUCES EYE STRAIN
- PROTECTS VISION
- RELAXES & REFRESHES EYES
- SUPPORTS OVERALL WELL-BEING

BENEFITS OF HEALTHY VISION CARE

- Supports healthy vision and eye function
- Reduces digital eye strain and fatigue
- Improves focus and clarity
- Nourishes eyes with essential nutrients
- Supports night vision
- Promotes better sleep and relaxation
- Helps in maintaining eye moisture
- Supports healthy aging
- Enhances overall quality of life

OUR HEALTHY VISION CARE PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized plan for your eye wellness.

EYE RELAXATION EXERCISES
Simple and effective exercises to relax eye muscles and improve focus.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve circulation and reduce stress.

NUTRITION GUIDANCE
Eye-friendly diet with fruits, vegetables, nuts, herbs and hydration tips.

AYURVEDIC HERBS SUPPORT
Herbal formulations to nourish and support healthy eye function naturally.

> *"Take care of your eyes today, so you can enjoy every beautiful moment tomorrow."*

DAILY HABITS FOR HEALTHY EYES

- Start the day with gratitude
- Practice palming and blinking exercises
- Take regular breaks from screens
- Eat fresh, seasonal and nourishing food
- Stay hydrated
- Do gentle eye exercises daily
- Get enough sleep and rest
- Follow a regular routine

AYURVEDIC NUTRIENTS FOR HEALTHY VISION

AMLA
Rich in Vitamin C and antioxidants

CARROT
Supports eye health

SPINACH
Rich in lutein and zeaxanthin

ALMONDS
Vitamin E for eye protection

TRIPHALA
Cleanses and rejuvenates eyes

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HEARING WELLNESS
WITH AYURVEDA

LISTEN BETTER, LIVE BETTER

Good hearing helps you stay connected, communicate with confidence and enjoy life to the fullest. Ayurveda offers natural and holistic ways to support ear health, calm the mind and promote overall well-being.

- SUPPORTS HEARING HEALTH
- REDUCES STRESS
- CALMS THE MIND
- STRENGTHENS IMMUNITY
- IMPROVES QUALITY OF LIFE

BENEFITS OF HEARING WELLNESS WITH AYURVEDA

- Supports healthy hearing function
- Reduces ear strain and discomfort
- Calms the nervous system
- Improves concentration and memory
- Enhances communication and confidence
- Supports better sleep
- Promotes emotional balance
- Improves overall quality of life

OUR HEARING WELLNESS PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized plan for hearing wellness.

YOGA & PRANAYAMA
Breathing exercises to improve oxygen flow and reduce stress.

MEDITATION & RELAXATION
Calms the mind and supports nervous system health.

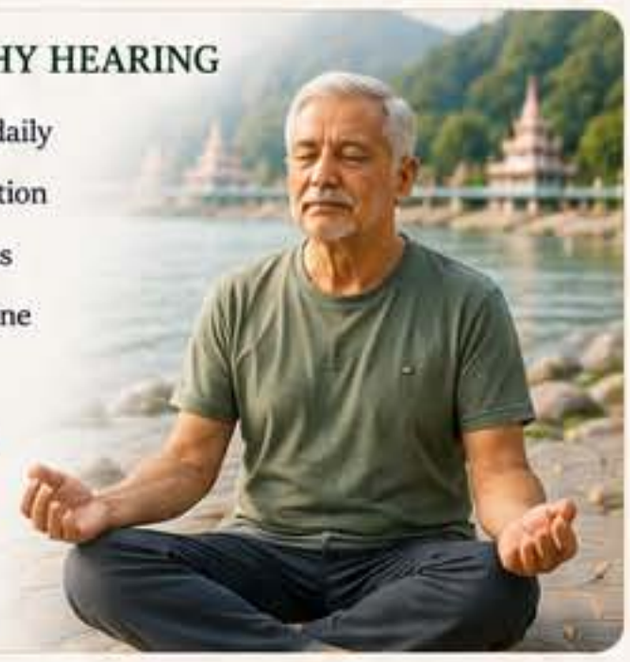
AYURVEDIC THERAPIES
Natural therapies to nourish and rejuvenate.

HERBAL SUPPORT
Herbal formulations to support ear and nerve health.

NUTRITION GUIDANCE
Diet guidance with foods that support hearing health.

DAILY HABITS FOR HEALTHY HEARING

- Practice Pranayama and meditation daily
- Avoid loud noises and use ear protection
- Eat fresh, warm and nourishing foods
- Stay hydrated and avoid excess caffeine
- Do gentle neck and jaw exercises
- Get enough sleep and manage stress
- Follow a regular daily routine



AYURVEDIC FOODS THAT SUPPORT HEARING HEALTH

AMLA
Rich in Vitamin C and antioxidants

TIL (SESAME)
Nourishes nerves and tissues

ALMONDS
Supports brain and nerve function

BRAHMI
Improves memory and calmness

GUDUCHI
Detoxifies and boosts immunity

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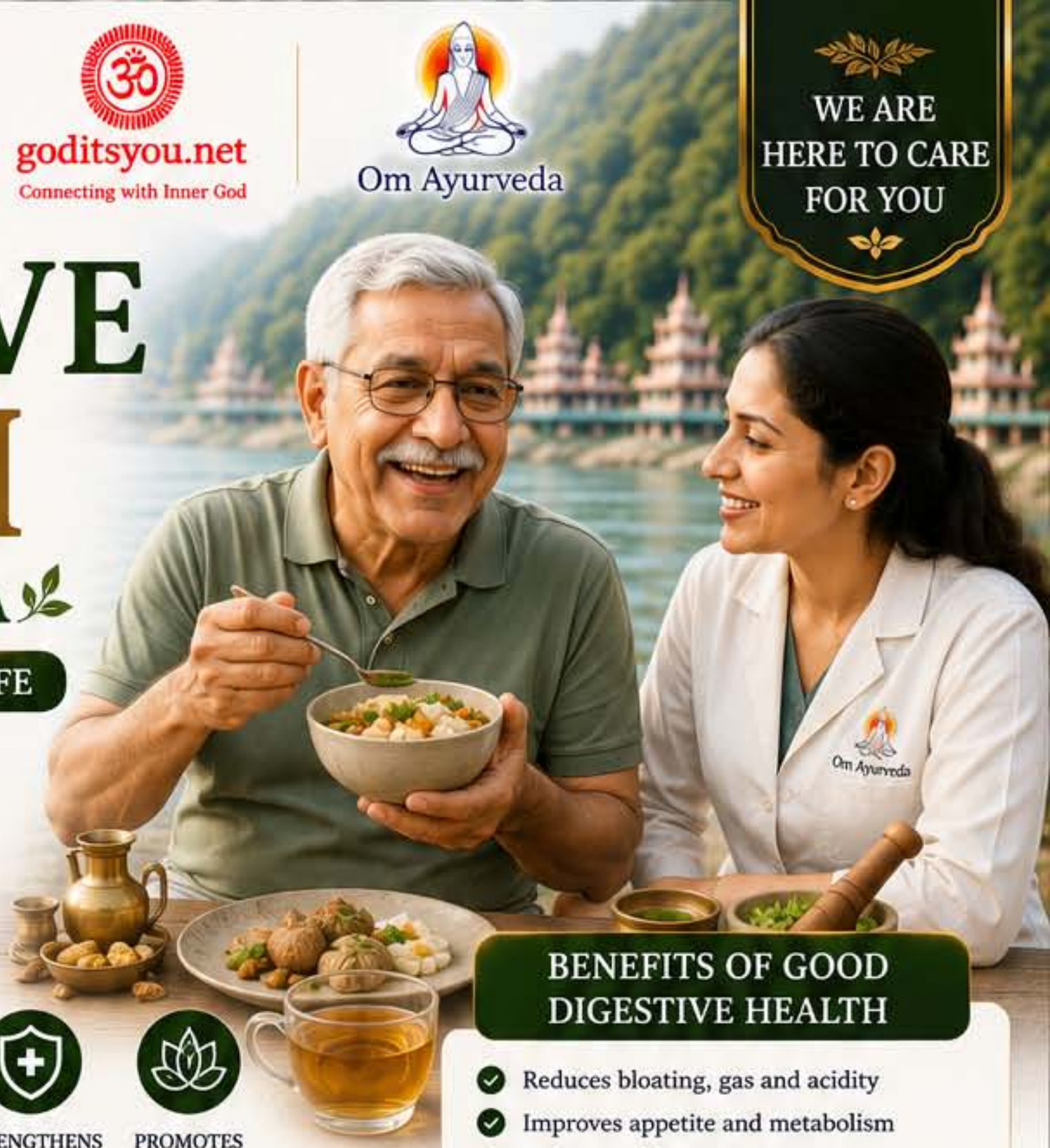
DIGESTIVE HEALTH WITH AYURVEDA

HEALTHY DIGESTION, HEALTHY LIFE



Good digestion is the key to overall well-being. Ayurveda offers natural and holistic solutions to support your digestive fire, improve nutrient absorption, eliminate toxins and promote long-term digestive wellness.

- SUPPORTS HEALTHY DIGESTION
- BOOSTS AGNI (DIGESTIVE FIRE)
- IMPROVES NUTRIENT ABSORPTION
- HELPS DETOXIFY NATURALLY
- STRENGTHENS IMMUNITY
- PROMOTES OVERALL WELL-BEING

BENEFITS OF GOOD DIGESTIVE HEALTH

- Reduces bloating, gas and acidity
- Improves appetite and metabolism
- Promotes regular bowel movements
- Enhances nutrient absorption
- Supports healthy weight management
- Increases energy and vitality
- Strengthens immunity
- Promotes clear skin and overall wellness
- Supports mental clarity and mood balance

OUR DIGESTIVE HEALTH PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized plan for your unique needs.

PANCHAKARMA THERAPIES
Detoxification and cleansing therapies to balance doshas and improve digestion.

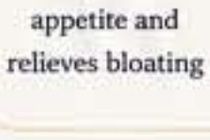
HERBAL SUPPORT
Natural herbs and formulations to enhance digestion, reduce inflammation and support gut health.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to reduce stress and stimulate digestive fire naturally.

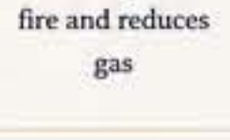
DAILY HABITS FOR A HEALTHY DIGESTION

- Drink warm water in the morning
- Eat fresh, warm and home-cooked food
- Eat at regular times and chew food well
- Avoid overeating and heavy late-night meals
- Include spices like cumin, ginger, fennel
- Stay active with daily yoga or walking
- Manage stress with meditation and Pranayama
- Get adequate sleep and maintain a routine

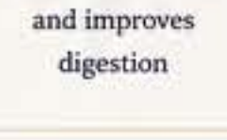
AYURVEDIC FOODS THAT SUPPORT DIGESTION



GINGER
Improves appetite and relieves bloating

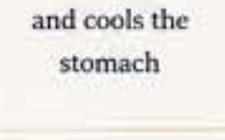


CUMIN
Boosts digestive fire and reduces gas



FENNEL
Calms the stomach and improves digestion

TRIPHALA
Detoxifies and supports regular bowel movements



BUTTERMILK
Aids digestion and cools the stomach

A healthy gut leads to a happy body, a calm mind and a vibrant life.

DETOXIFY | NOURISH | BALANCE | REJUVENATE | THRIVE

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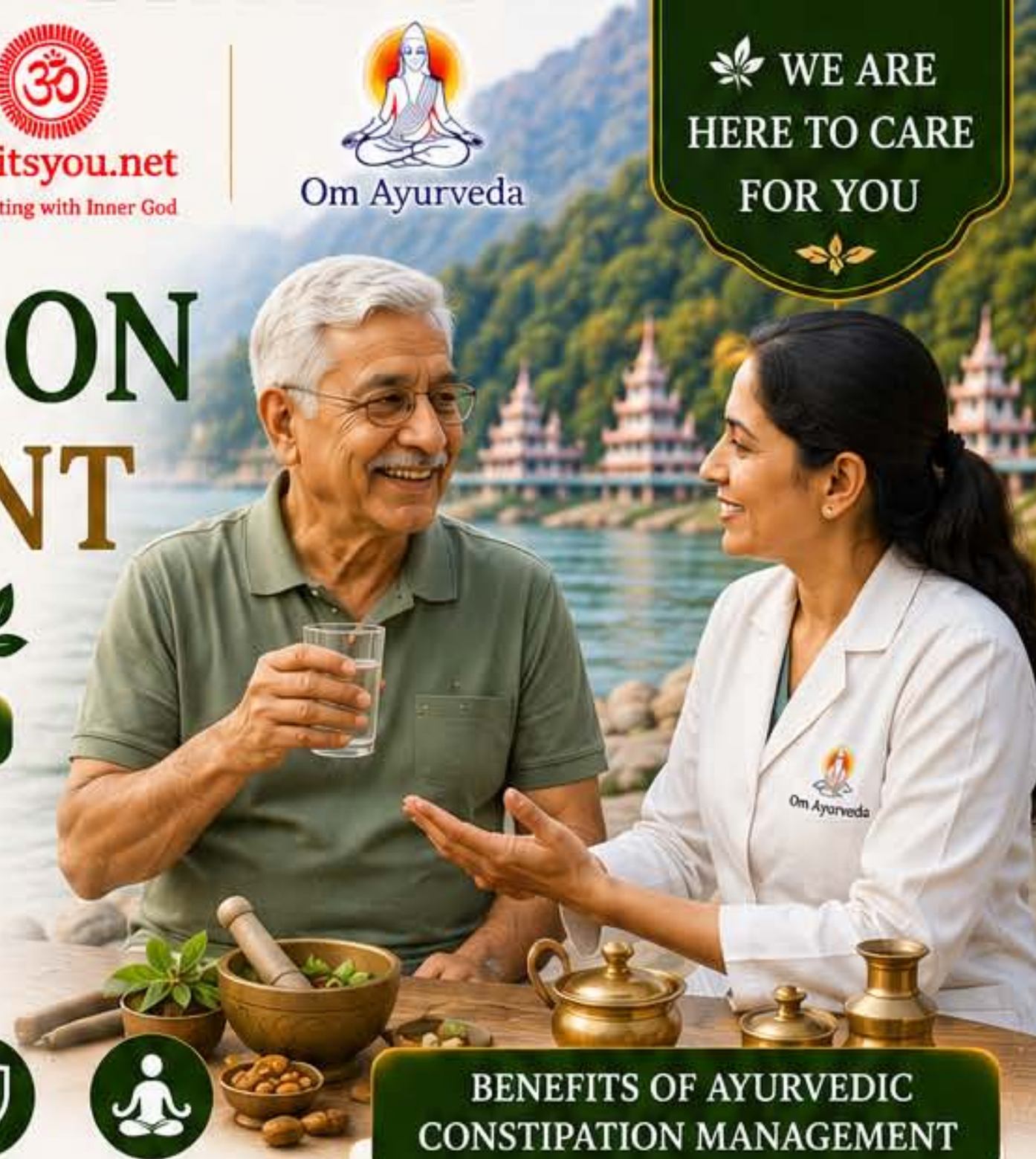
CONSTIPATION MANAGEMENT WITH AYURVEDA

SUPPORT HEALTHY DIGESTION NATURALLY

Ayurveda offers natural and effective ways to support regular bowel movements, reduce bloating, improve digestion and promote overall well-being.



SUPPORTS REGULARITY | IMPROVES DIGESTION | REDUCES BLOATING | DETOXIFIES NATURALLY | STRENGTHENS IMMUNITY | ENHANCES WELL-BEING

OUR CONSTIPATION MANAGEMENT PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Ayurvedic assessment and personalized plan for your unique needs.

PANCHAKARMA THERAPIES
Detoxification therapies to cleanse the colon and balance doshas.

HERBAL SUPPORT
Natural herbs and formulations to improve digestion and support regularity.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to stimulate digestive fire and support bowel regularity.

NUTRITION GUIDANCE
Diet guidance with fiber-rich, sattvic foods and proper hydration advice.

BENEFITS OF AYURVEDIC CONSTIPATION MANAGEMENT

- Promotes regular bowel movements
- Reduces bloating, gas and discomfort
- Improves appetite and digestion
- Detoxifies the colon naturally
- Nourishes the digestive system
- Supports healthy gut flora
- Enhances nutrient absorption
- Boosts energy and vitality
- Supports healthy weight management
- Improves overall quality of life

A healthy colon leads to a healthy body, a calm mind and a vibrant life.

DAILY HABITS FOR BETTER DIGESTION

- Drink warm water in the morning
- Eat fiber-rich, fresh and natural foods
- Include ghee, soaked raisins and warm foods
- Avoid processed, heavy and stale foods
- Eat at regular times and chew well
- Stay hydrated throughout the day
- Do yoga and walk daily
- Manage stress with meditation
- Get adequate sleep and rest

AYURVEDIC FOODS THAT SUPPORT REGULARITY

TRIPHALA
Supports gentle cleansing and regularity

FLAX SEEDS
Rich in fiber and promotes healthy bowel movements

ISABGOL
Natural fiber that helps in softening stool

GHEE
Lubricates the colon and supports easy elimination

AMLA
Improves digestion and supports intestinal health

SUITABLE FOR

SENIORS | OFFICE GOERS | STUDENTS | WOMEN | TRAVELERS | EVERYONE

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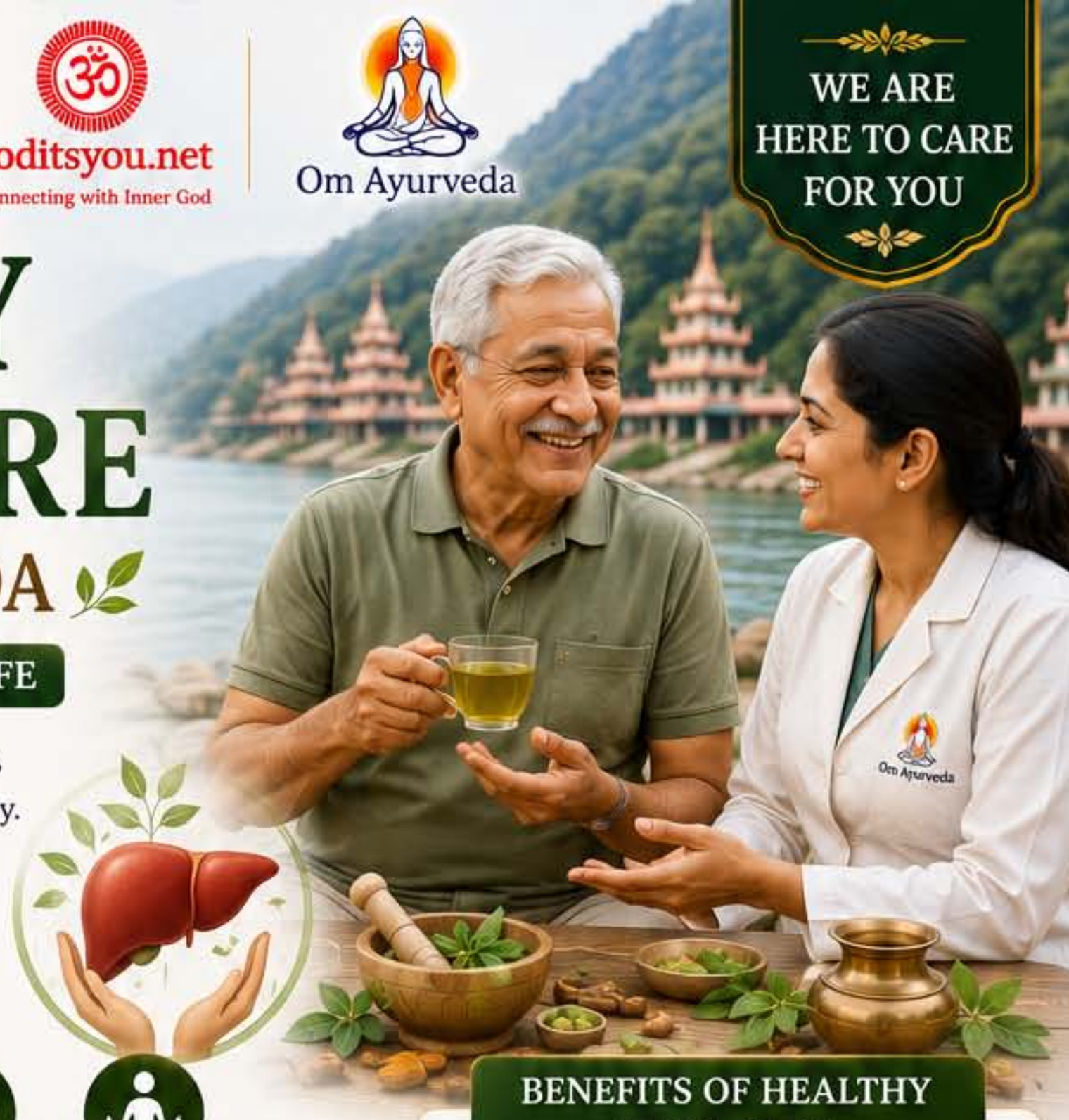
HEALTHY LIVER CARE

WITH AYURVEDA

A HEALTHY LIVER, A HEALTHY LIFE



Your liver works tirelessly to detoxify your body, aid digestion, store nutrients and boost immunity. Ayurveda offers natural and holistic solutions to support liver function and promote overall well-being.

- SUPPORTS LIVER FUNCTION
- DETOXIFIES NATURALLY
- IMPROVES DIGESTION
- BOOSTS IMMUNITY
- ENHANCES OVERALL WELL-BEING

OUR LIVER CARE PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and personalized plan for your liver health.

PANCHAKARMA THERAPIES
(When Appropriate)
Detoxification therapies to cleanse and rejuvenate your body.

HERBAL SUPPORT
Ayurvedic herbs and formulations to support liver function and detoxification.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve digestion and reduce stress.

NUTRITION GUIDANCE
Liver-friendly diet plans to nourish and protect your liver naturally.

BENEFITS OF HEALTHY LIVER CARE

- Supports natural liver detoxification
- Improves digestion and metabolism
- Helps in removing toxins from the body
- Supports healthy skin and energy levels
- Promotes better appetite and digestion
- Helps maintain healthy cholesterol levels
- Enhances immunity and vitality
- Supports healthy weight management
- Improves overall quality of life

DAILY HABITS FOR A HEALTHY LIVER

- Drink warm water with lemon in the morning
- Eat fresh, whole and seasonal foods
- Include leafy greens, turmeric and amla
- Avoid alcohol, smoking and junk food
- Stay hydrated throughout the day
- Exercise regularly and stay active
- Manage stress with meditation and Pranayama
- Get adequate sleep and follow a routine

AYURVEDIC FOODS THAT SUPPORT LIVER HEALTH

AMLA
Rich in Vitamin C and antioxidants

TURMERIC
Powerful natural anti-inflammatory

GREEN LEAFY VEGETABLES
Detoxify and nourish the liver

BEETROOT
Supports natural detoxification

GILOY
Boosts immunity and liver function

A healthy liver leads to a healthy body, a calm mind and a vibrant life.

AYURVEDA | DETOXIFY | REJUVENATE | THRIVE

- DETOXIFY Your Body
- REJUVENATE Your Cells
- BALANCE Your Doshas
- ENERGIZE Your Life

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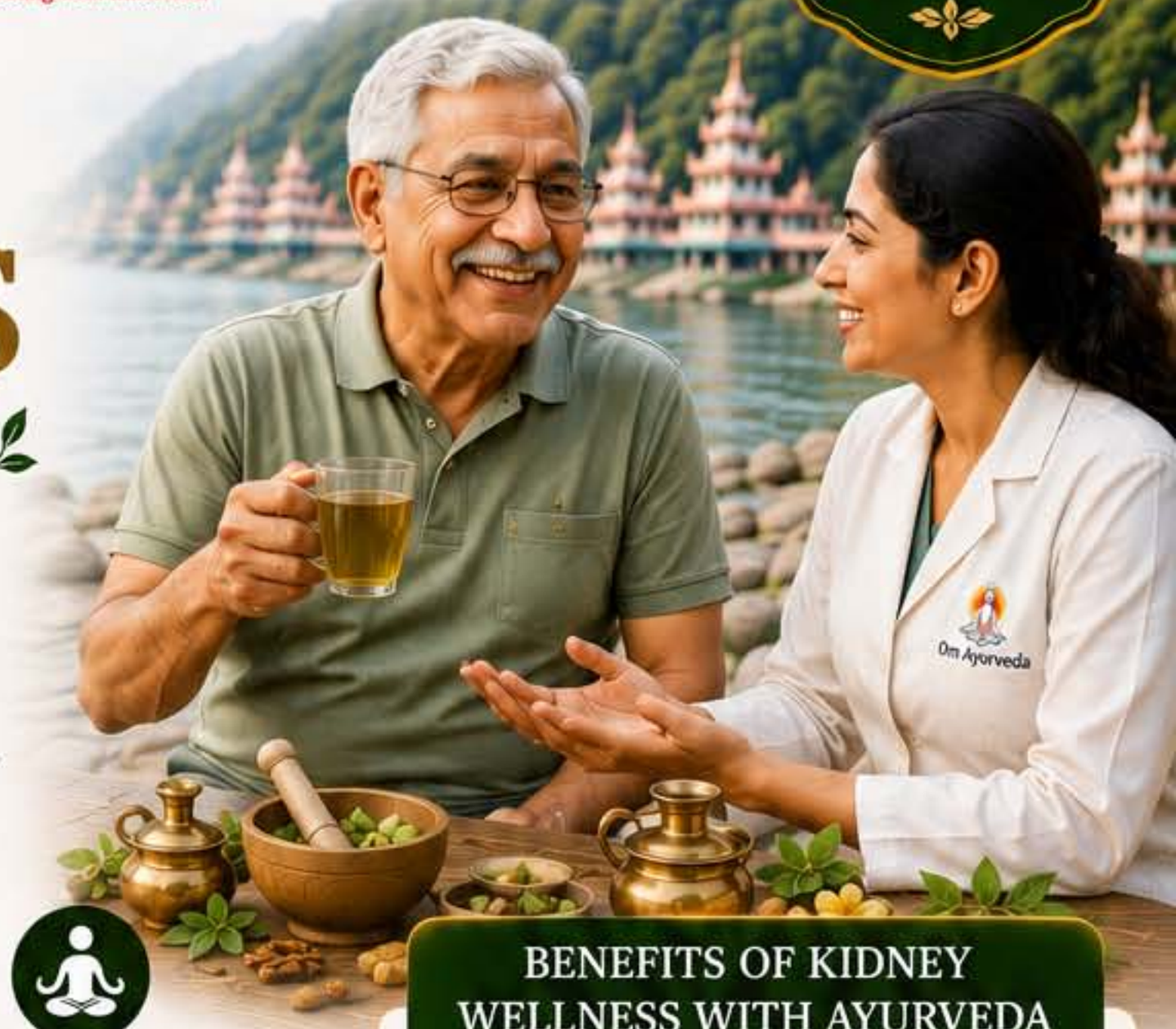
KIDNEY WELLNESS WITH AYURVEDA

SUPPORT HEALTHY KIDNEYS, SUPPORT HEALTHY LIVING

Ayurveda offers natural and holistic solutions to support kidney health, maintain fluid balance, remove toxins and promote overall well-being.



- SUPPORTS KIDNEY FUNCTION
- MAINTAINS FLUID BALANCE
- HELPS IN TOXIN REMOVAL
- BOOSTS IMMUNITY
- PROMOTES OVERALL WELL-BEING

OUR KIDNEY WELLNESS PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and customized plan for your kidney health.

PANCHAKARMA THERAPIES
(When Appropriate)
Natural detoxification therapies to balance doshas and support kidney function.

HERBAL SUPPORT
Ayurvedic herbs and formulations to support kidney health and detox.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve circulation and reduce stress.

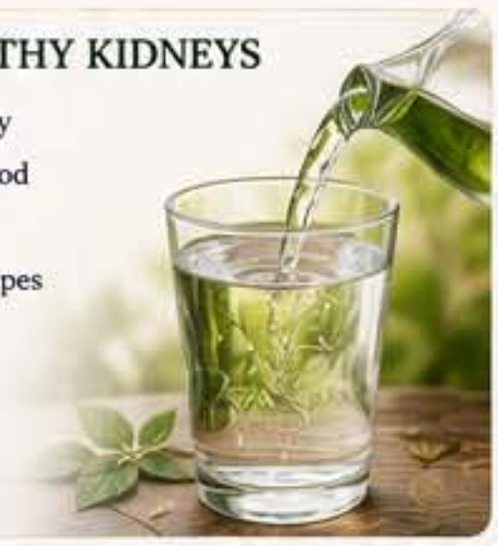
NUTRITION GUIDANCE
Kidney-friendly diet plans and hydration guidance for optimal health.

BENEFITS OF KIDNEY WELLNESS WITH AYURVEDA

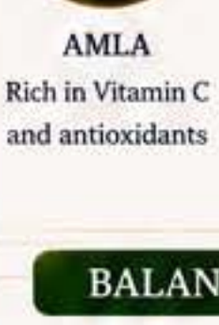
- Supports healthy kidney function
- Helps in natural detoxification
- Maintains fluid and electrolyte balance
- Promotes healthy blood pressure
- Supports proper urine flow
- Reduces water retention and swelling
- Supports healthy metabolism
- Enhances energy and vitality
- Nourishes kidney tissues
- Promotes overall well-being

DAILY HABITS FOR HEALTHY KIDNEYS

- Drink adequate water throughout the day
- Eat fresh, home-cooked, and seasonal food
- Limit salt and avoid processed foods
- Include fruits like apple, berries, and grapes
- Stay active with yoga or walking
- Manage stress with meditation
- Avoid smoking and excessive alcohol
- Get enough sleep and rest

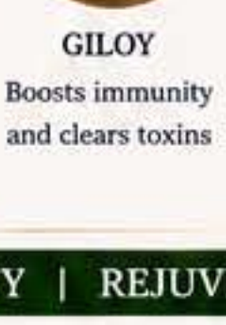


AYURVEDIC FOODS THAT SUPPORT KIDNEY HEALTH

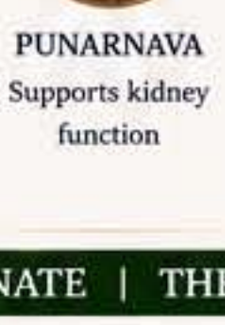


AMLA
Rich in Vitamin C and antioxidants

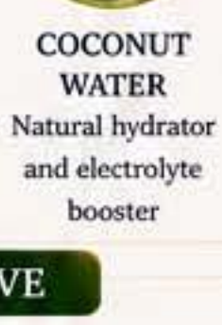
CORIANDER
Supports natural detoxification



GILOY
Boosts immunity and clears toxins



PUNARNAVA
Supports kidney function



COCONUT WATER
Natural hydrator and electrolyte booster

Healthy kidneys lead to a healthy body, a calm mind and a vibrant life.

BALANCE | DETOXIFY | REJUVENATE | THRIVE

- DETOXIFY Your Body
- REJUVENATE Your Cells
- BALANCE Your Doshas
- ENERGIZE Your Life

BETTER KIDNEYS, BETTER LIFE
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HEART HEALTH
WITH AYURVEDA

A HEALTHY HEART FOR A HEALTHY LIFE

Your heart works tirelessly every moment of your life. Ayurveda offers natural and holistic solutions to support healthy heart function, maintain healthy cholesterol levels, improve circulation, manage stress and promote overall well-being.

- SUPPORTS HEART HEALTH
- IMPROVES CIRCULATION
- REDUCES STRESS AND ANXIETY
- BOOSTS IMMUNITY
- ENHANCES ENERGY & VITALITY

BENEFITS OF HEART HEALTH WITH AYURVEDA

- Supports healthy heart function
- Helps maintain healthy blood pressure
- Supports healthy cholesterol levels
- Improves blood circulation
- Reduces stress and anxiety
- Supports healthy weight management
- Enhances energy and stamina
- Promotes better sleep quality
- Supports overall cardiovascular wellness
- Improves quality of life

OUR HEART HEALTH PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and personalized plan for your heart health.

PANCHAKARMA THERAPIES
(When Appropriate)
Natural therapies to detoxify and rejuvenate the body and support heart wellness.

HERBAL SUPPORT
Ayurvedic herbs and formulations to support heart function and balance doshas.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve circulation, reduce stress and strengthen the heart.

NUTRITION GUIDANCE
Heart-friendly diet plans and lifestyle guidance for long term heart health.

DAILY HABITS FOR A HEALTHY HEART

- Eat fresh, whole and natural foods
- Include more fruits, vegetables and whole grains
- Use healthy fats like nuts, seeds and olive oil
- Limit salt, sugar and processed foods
- Stay active with daily walking or yoga
- Practice Pranayama and meditation
- Manage stress and maintain a positive mindset
- Get adequate sleep and rest

HEART FRIENDLY FOODS

OATS
Helps lower cholesterol

NUTS
Rich in healthy fats

POMEGRANATE
Supports healthy blood flow

GARLIC
Helps maintain healthy blood pressure

GREEN LEAFY VEGETABLES
Rich in nutrients and antioxidants

A healthy heart leads to a healthy body, a calm mind and a vibrant life.

AYURVEDA | BALANCE | REJUVENATE | THRIVE

- BALANCE Your Doshas
- DETOXIFY Your Body
- REJUVENATE Your Cells
- STRENGTHEN Your Heart
- ENERGIZE Your Life

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Personalized Ayurveda Care at the Comfort of Your Home

HOME WELLNESS PLANS

Healthy Home • Healthy Family • Happy Life

Ayurveda Bestows Health, Happiness and Harmony in Every Home.

WHAT'S INCLUDED IN OUR HOME WELLNESS PLANS

- **Personalized Ayurvedic Consultation** — Understand your unique Prakriti and health needs
- **Customized Diet & Nutrition Plan** — Sattvic, balanced and dosha-specific meals
- **Herbal Support & Guidance** — Natural herbs for daily health & immunity
- **Yoga & Pranayama Guidance** — Simple practices for strength, flexibility & calm mind
- **Meditation & Stress Management** — Mental peace, emotional balance & clarity
- **Daily Routine (Dinacharya) Guidance** — Simple daily habits for lifelong wellness
- **Sleep & Lifestyle Support** — Better sleep, digestion and energy
- **Monthly Follow-ups & Support** — Continuous care and expert support
- **Easy, Practical & Family Friendly** — Wellness solutions for every member of your family

Experience the Power of Ayurveda — Every Day at Home

Personalized Consultation

Ayurvedic Nutrition

Yoga & Pranayama

Herbal Support

Meditation & Inner Peace

Daily Self Care (Abhyanga)

BENEFITS OF HOME WELLNESS

- Strengthens Immunity
- Improves Digestion
- Reduces Stress & Anxiety
- Better Sleep & Relaxation
- Supports Joints & Mobility
- Enhances Energy & Vitality
- Promotes Overall Well-being

INVEST IN YOUR HEALTH TODAY

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BLOOD PRESSURE MANAGEMENT WITH AYURVEDA

BALANCE YOUR BLOOD PRESSURE, SUPPORT A HEALTHY LIFE

Ayurveda offers natural and holistic solutions to support healthy blood pressure, improve heart health, reduce stress and promote overall well-being.

- SUPPORTS HEART HEALTH
- MAINTAINS HEALTHY BLOOD PRESSURE
- REDUCES STRESS & ANXIETY
- BOOSTS IMMUNITY
- IMPROVES BLOOD CIRCULATION
- ENHANCES OVERALL WELL-BEING

OUR BLOOD PRESSURE MANAGEMENT PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and customized plan for your heart health and blood pressure.

HERBAL SUPPORT
Ayurvedic herbs formulations to help manage stress and support heart health naturally.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve circulation and reduce stress.

NUTRITION GUIDANCE
Heart-friendly diet plans with natural foods to support healthy blood pressure.

LIFESTYLE MODIFICATION
Stress management, better sleep, daily routine and healthy habits for lasting wellness.

BENEFITS OF AYURVEDIC BLOOD PRESSURE MANAGEMENT

- Helps maintain healthy blood pressure levels
- Supports healthy heart function
- Improves blood circulation
- Reduces stress and promotes relaxation
- Supports healthy cholesterol levels
- Maintains fluid balance in the body
- Supports weight management
- Enhances energy and vitality
- Promotes better sleep
- Improves overall quality of life

DAILY HABITS FOR HEALTHY BLOOD PRESSURE

- Eat fresh, whole and natural foods
- Reduce salt and avoid processed foods
- Stay physically active every day
- Practice Pranayama and meditation
- Stay hydrated and drink warm water
- Manage stress with a positive mindset
- Get adequate sleep and rest

AYURVEDIC FOODS THAT SUPPORT HEART HEALTH

GARLIC
Helps maintain healthy blood pressure

BEETROOT
Supports healthy blood flow and circulation

AMLA
Rich in Vitamin C and antioxidants

FLAX SEEDS
Rich in omega-3 and supports heart health

LEAFY GREENS
High in fiber and helps maintain healthy cholesterol

Small daily changes can lead to a healthier heart and a longer, happier life.

Do not stop or change prescribed medications without consulting your doctor. If you experience chest pain, severe headache, shortness of breath or any emergency symptoms, seek immediate medical attention.

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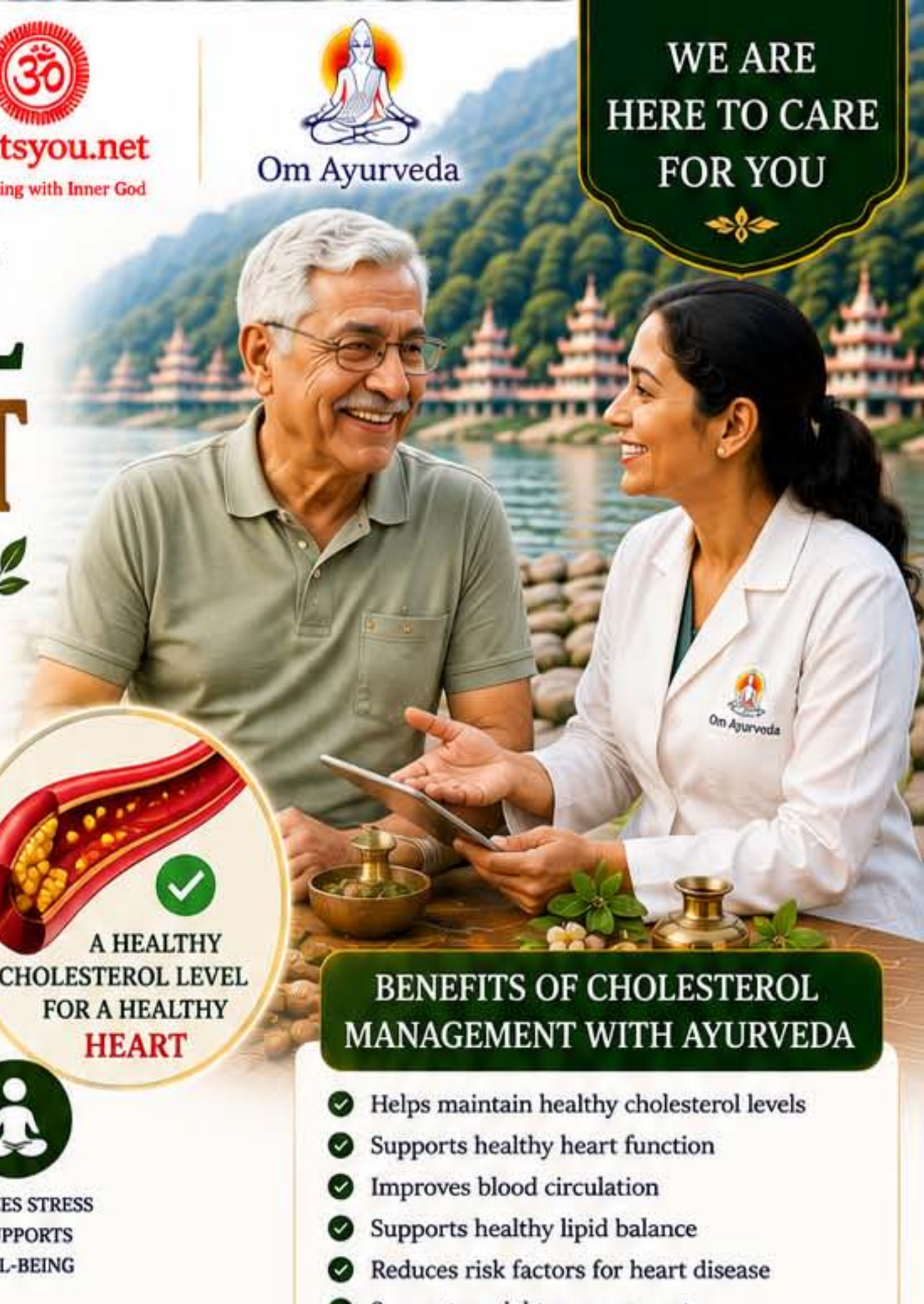
CHOLESTEROL MANAGEMENT WITH AYURVEDA

SUPPORT HEALTHY CHOLESTEROL LEVELS, SUPPORT A HEALTHY HEART



Ayurveda offers natural and holistic solutions to help maintain healthy cholesterol levels, support heart health, improve circulation, and promote overall well-being.

SUPPORTS HEART HEALTH | MAINTAINS HEALTHY CHOLESTEROL LEVELS | IMPROVES CIRCULATION | BOOSTS IMMUNITY | REDUCES STRESS & SUPPORTS WELL-BEING

BENEFITS OF CHOLESTEROL MANAGEMENT WITH AYURVEDA

- Helps maintain healthy cholesterol levels
- Supports healthy heart function
- Improves blood circulation
- Supports healthy lipid balance
- Reduces risk factors for heart disease
- Supports weight management
- Reduces stress and promotes relaxation
- Enhances energy and vitality
- Promotes long-term heart wellness
- Improves overall quality of life

OUR CHOLESTEROL MANAGEMENT PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and customized plan for your cholesterol and heart health.

HERBAL SUPPORT
Ayurvedic herbs and formulations to help balance cholesterol naturally and support heart health.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve circulation, reduce stress and boost heart health.

NUTRITION GUIDANCE
Heart-friendly diet plans to support healthy cholesterol and overall wellness.

LIFESTYLE MODIFICATION
Stress management, better sleep, daily habits and activity for long-term heart wellness.

DAILY HABITS FOR HEALTHY CHOLESTEROL

- Eat fresh, whole and natural foods
- Include fiber-rich fruits, vegetables and whole grains
- Choose healthy fats like nuts, seeds and olive oil
- Limit fried, processed and sugary foods
- Stay physically active every day
- Practice Pranayama and meditation
- Manage stress with a positive mindset
- Get adequate sleep and rest

AYURVEDIC FOODS THAT SUPPORT HEART HEALTH

GARLIC
Helps lower cholesterol and supports heart health

OATS
Rich in soluble fiber that helps reduce bad cholesterol

AMLA
Rich in Vitamin C and antioxidants, supports healthy cholesterol

FLAXSEEDS
High in omega-3 fatty acids and helps improve lipid balance

NUTS
Rich in healthy fats, helps reduce cholesterol and supports heart

Small changes in your lifestyle today can lead to a healthier heart tomorrow.

Do not stop or change prescribed medications without consulting your doctor.
If you experience chest pain, severe shortness of breath, sudden weakness or any emergency symptoms, seek immediate medical attention.

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DIABETES WELLNESS WITH AYURVEDA

BALANCE YOUR BLOOD SUGAR, LIVE A HEALTHY HAPPY LIFE

Ayurveda offers natural and holistic solutions to support healthy blood sugar levels, improve metabolism, boost energy, and enhance overall well-being.

AYURVEDA SUPPORTS NATURAL HEALING & BALANCE

- SUPPORTS HEALTHY BLOOD SUGAR
- IMPROVES INSULIN SENSITIVITY
- BOOSTS ENERGY & STAMINA
- SUPPORTS HEALTHY METABOLISM
- SUPPORTS HEART HEALTH
- REDUCES STRESS & PROMOTES WELL-BEING

BENEFITS OF DIABETES WELLNESS WITH AYURVEDA

- Helps maintain healthy blood sugar levels
- Improves insulin function naturally
- Supports healthy metabolism
- Provides sustained energy & vitality
- Supports healthy weight management
- Reduces stress and anxiety
- Supports heart & nerve health
- Enhances digestion and detoxification
- Promotes better sleep
- Improves overall quality of life

OUR DIABETES WELLNESS PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and personalized plan for your diabetes wellness.

AYURVEDIC HERBAL SUPPORT
Powerful herbs and formulations to support healthy blood sugar levels.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to improve metabolism and reduce stress.

NUTRITION GUIDANCE
Diabetes-friendly diet and meal plans for balanced nutrition.

LIFESTYLE MODIFICATION
Daily routine, stress management, better sleep and healthy habit coaching.

DAILY HABITS FOR DIABETES WELLNESS

- Eat on time and choose balanced meals
- Include more vegetables, greens and whole grains
- Avoid sugar, refined flour and processed foods
- Drink warm water and herbal teas
- Stay active – walk daily for at least 30 minutes
- Practice Pranayama and meditation daily
- Manage stress with a positive mindset
- Get 7-8 hours of quality sleep

AYURVEDIC FOODS THAT SUPPORT DIABETES WELLNESS

FENUGREEK
Improves insulin sensitivity

BITTER GOURD
Helps regulate blood sugar levels

AMLA
Rich in Vitamin C and antioxidants

CINNAMON
Helps improve glucose metabolism

TURMERIC
Anti-inflammatory and blood sugar supportive

GREEN LEAFY VEGETABLES
High in fiber & essential nutrients

Small daily changes today create a healthier life tomorrow.

Do not stop or change prescribed diabetes medications or insulin without consulting your doctor. Ayurveda complements but does not replace medical treatment. Regular monitoring and medical check-ups are essential.

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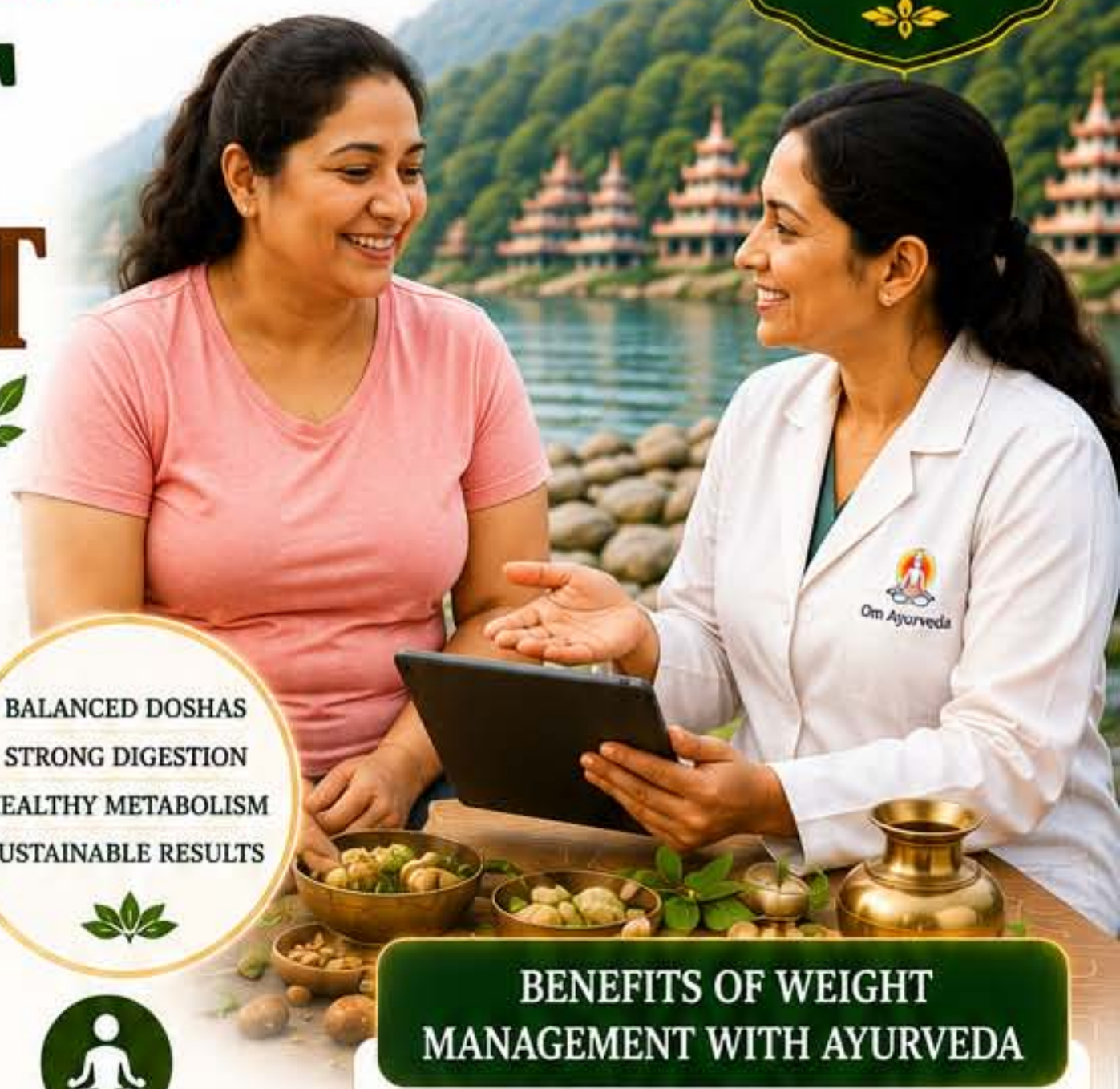
WEIGHT MANAGEMENT WITH AYURVEDA



LOSE WEIGHT NATURALLY, GAIN HEALTH & CONFIDENCE

Ayurveda offers natural and holistic solutions to support healthy weight management by improving digestion, boosting metabolism, balancing doshas, and promoting a healthy lifestyle.

BALANCED DOSHAS
STRONG DIGESTION
HEALTHY METABOLISM
SUSTAINABLE RESULTS

SUPPORTS WEIGHT LOSS | BOOSTS METABOLISM | IMPROVES DIGESTION | BALANCES DOSHAS | INCREASES ENERGY | REDUCES STRESS & PROMOTES WELL-BEING

BENEFITS OF WEIGHT MANAGEMENT WITH AYURVEDA

- Supports healthy & sustainable weight loss
- Improves metabolism naturally
- Enhances digestion & gut health
- Balances appetite & cravings
- Detoxifies body & removes ama (toxins)
- Increases energy & stamina
- Reduces stress and emotional eating
- Supports healthy fat reduction
- Improves body strength & flexibility
- Enhances confidence & overall well-being

OUR WEIGHT MANAGEMENT PROGRAM INCLUDES

PERSONALIZED CONSULTATION
In-depth assessment of your body type, health condition & weight goals.

AYURVEDIC HERBAL SUPPORT
Powerful Ayurvedic herbs & formulations to boost metabolism & reduce fat.

YOGA & PRANAYAMA
Yoga, breathing techniques & meditation to burn fat & reduce stress.

NUTRITION GUIDANCE
Personalized diet plans with balanced, wholesome & sattvic foods.

LIFESTYLE MODIFICATION
Daily routine, habit changes & mindful living for long-term results.

PANCHAKARMA SUPPORT
Detox therapies (when required) to cleanse & rejuvenate the body.

DAILY HABITS FOR HEALTHY WEIGHT

- Start your day with warm lemon water
- Eat fresh, seasonal & home-cooked food
- Avoid processed, fried & sugary foods
- Eat in proper portions & chew well
- Stay physically active every day
- Practice Pranayama & meditation
- Drink plenty of warm water
- Sleep early & get quality rest

AYURVEDIC FOODS THAT SUPPORT WEIGHT LOSS

TRIPHALA
Detoxifies & improves digestion

GREEN TEA
Boosts metabolism & fights fat

METHI (FENUGREEK)
Controls appetite & sugar cravings

LAUKI (BOTTLE GOURD)
Low calorie & supports fat reduction

GINGER
Improves digestion & metabolism

TURMERIC
Reduces Inflammation & supports detox

Small changes today create a healthier body and a better tomorrow.

Ayurveda supports natural weight management.
For medical conditions like diabetes, thyroid, heart disease or PCOS, consult your doctor before making major changes.

READY TO TRANSFORM YOUR HEALTH?
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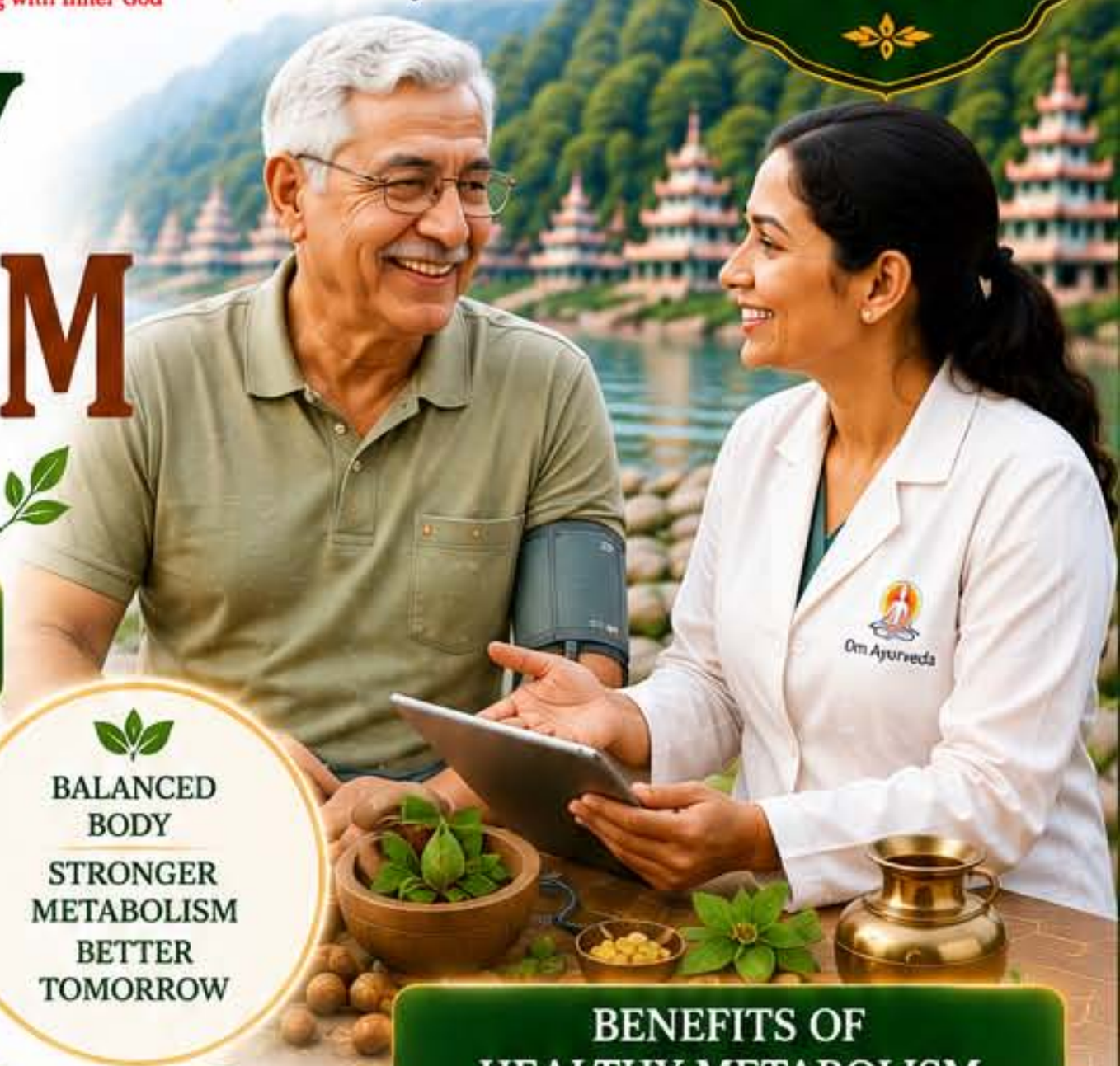
HEALTHY METABOLISM
WITH AYURVEDA



ENERGIZE YOUR BODY NOURISH YOUR LIFE

A healthy metabolism helps your body use energy efficiently, supports digestion, and builds overall wellness. Ayurveda provides natural and sustainable solutions for a better, more active you.

BALANCED BODY
STRONGER METABOLISM
BETTER TOMORROW

- SUPPORTS METABOLISM
- IMPROVES DIGESTION
- BOOSTS ENERGY
- SUPPORTS HEALTHY WEIGHT
- ENHANCES OVERALL WELL-BEING

BENEFITS OF HEALTHY METABOLISM

- Supports healthy digestion & metabolism
- Enhances natural energy & vitality
- Helps in healthy weight management
- Improves nutrient absorption
- Supports detoxification & elimination
- Promotes hormonal balance
- Boosts immunity & overall wellness
- Encourages long-term healthy habits
- Enhances focus and mental clarity

OUR HEALTHY METABOLISM PROGRAM INCLUDES

PERSONALIZED CONSULTATION
Detailed assessment and personalized plan for your unique body type and needs.

AYURVEDIC HERBAL SUPPORT
Natural herbs and formulations to support digestion, metabolism and overall wellness.

YOGA & PRANAYAMA
Gentle yoga and breathing practices to enhance energy and metabolic health.

NUTRITION GUIDANCE
Balanced, seasonal diet plans to support metabolism and sustainable results.

LIFESTYLE COACHING
Healthy suppott and therapies to promote detox and metabolic balance.

DAILY HABITS FOR A HEALTHY METABOLISM

- Eat balanced, whole and seasonal foods
- Stay hydrated throughout the day
- Regular physical activity and yoga
- Adequate sleep and stress management
- Eat mindfully and avoid overeating
- Include herbs and spices in your diet
- Stay consistent with your wellness plan

AYURVEDIC FOODS THAT SUPPORT METABOLISM

TRIPHALA
Supports digestion and detoxification

GINGER
Boosts metabolism and digestion

AMLA
Rich in Vitamin C and antioxidants

CINNAMON
Supports healthy blood sugar levels

MOONG DAL
Light, nutritious and easy to digest

LEAFY GREENS
Rich in nutrients and supports overall health

Small habits today, a healthier metabolism tomorrow.

Do not stop or change prescribed medications without consulting your doctor.
If you experience chest pain, severe weakness, shortness of breath, severe fatigue or any emergency symptoms, seek immediate medical attention.
Ayurveda complements but does not replace medical care.

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Hair Care *for Seniors*

Gentle Ayurvedic Care for Healthy Hair & Scalp

Healthy Hair • Healthy Scalp • Healthy Living

"Healthy hair is part of healthy aging."

Ayurveda offers natural and holistic care to support healthy hair, strong roots and balanced scalp health, so you can feel confident at every stage of life.

- REDUCES HAIR FALL
- STRENGTHENS HAIR ROOTS
- NOURISHES SCALP
- PROMOTES NEW GROWTH
- IMPROVES HAIR QUALITY

Personalized Ayurvedic Consultation

- Prakriti (Body Constitution) Assessment
- Scalp & Hair Health Analysis
- Individualized Care Plan

Traditional Ayurvedic Hair Care Therapies

Head & Scalp Massage (Shiro Abhyanga)

Herbal Hair Pack (Lepam)

Herbal Steam (for Scalp)

Performed by experienced Ayurvedic therapists with pure herbal oils and natural ingredients.

Key Benefits

- Supports healthy scalp
- Helps reduce hair fall naturally
- Nourishes and strengthens hair
- Improves hair texture & shine
- Cools and relaxes the mind
- Promotes better sleep
- Encourages relaxation
- Supports overall well-being

"Healthy Hair, Healthy Scalp, Healthy Aging."

Power of Ayurvedic Herbs

Bhringraj — Strengthens hair roots

Amla — Nourishes & adds shine

Brahmi — Soothes scalp

Neem — Purifies scalp

Hibiscus — Promotes growth

Coconut Oil — Moisturizes hair

Brahmi & Herbs

Sesame Oil — Nourishes scalp

Healthy Hair Routine for Seniors

- Gentle herbal hair care
- Balanced diet with natural foods
- Regular head & scalp massage
- Yoga & Pranayama
- Guided meditation
- Proper hydration
- Early sleep & stress management

Holistic Wellness Approach

Yoga

Healthy Food

Meditation

Healthy Lifestyle • Inner Peace • Natural Beauty

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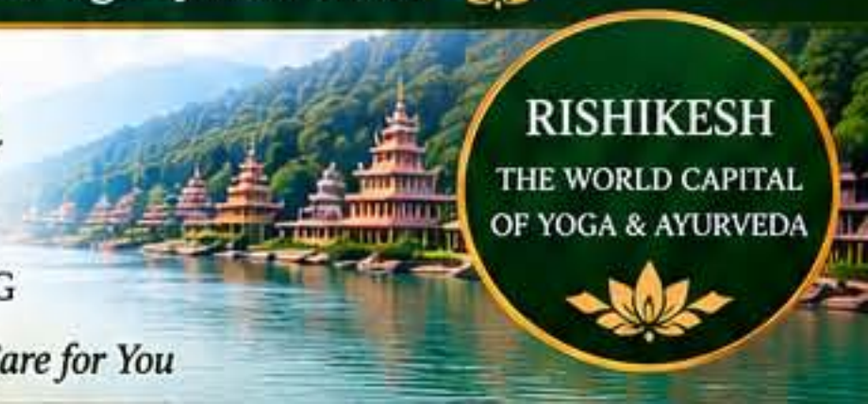
Your Wellness Journey Starts Here — We Are Here to Care for You



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HAIR CARE FOR SENIORS

HEALTHY HAIR • HEALTHY SCALP • HEALTHY LIVING

Ayurveda believes that healthy hair is a reflection of inner balance and overall well-being. Our personalized Ayurvedic hair care for seniors nourishes the scalp, strengthens hair and supports graceful aging naturally.

- STRENGTHENS HAIR
- NOURISHES SCALP
- PROMOTES HAIR GROWTH
- REDUCES HAIR FALL
- RELAXES MIND, REDUCES STRESS

AYURVEDIC BENEFITS

- Nourishes hair roots and scalp
- Helps reduce hair fall
- Promotes healthy and stronger hair
- Improves scalp circulation
- Reduces dryness, dandruff & irritation
- Supports natural hair color
- Relaxes mind and improves sleep
- Supports overall well-being

POWER OF AYURVEDIC HERBS

BHRINGRAJ
Strengthens hair and promotes growth

AMLA
Rich in Vitamin C, nourishes and rejuvenates

BRAHMI
Improves scalp health and reduces stress

NEEM
Purifies scalp and helps reduce dandruff

HIBISCUS
Strengthens hair and adds natural shine

COCONUT OIL
Deeply nourishes and moisturizes

SESAME OIL
Improves scalp circulation and nourishes

AYURVEDIC THERAPIES FOR HAIR & SCALP

SHIRO ABHYANGA
(Head Massage)
Nourishing herbal oil massage for scalp relaxation and hair strength.

HERBAL STEAM
(Swedana)
Opens scalp pores, detoxifies and promotes absorption of herbal oils.

HERBAL HAIR PACK
(Lepam)
Natural herbal packs nourish the scalp, reduce dryness and promote healthy hair.

A HOLISTIC APPROACH FOR HEALTHY HAIR

Personalized Ayurvedic Consultation + Herbal Hair Care & Oils + Yoga & Pranayama + Meditation & Stress Management + Healthy Nutrition + Good Sleep & Daily Routine

WHO CAN BENEFIT?

- Seniors experiencing hair fall or thinning
- Dry, itchy or dandruff prone scalp
- Premature graying of hair
- Stress related hair problems
- All seniors who wish to maintain healthy hair naturally

AUTHENTIC AYURVEDA • NATURAL CARE • LASTING RESULTS

- EXPERIENCED AYURVEDIC DOCTORS
- NATURAL & HERBAL INGREDIENTS
- PERSONALIZED TREATMENTS
- PEACEFUL ENVIRONMENT
- HOLISTIC WELLNESS
- SAFE & GENTLE CARE

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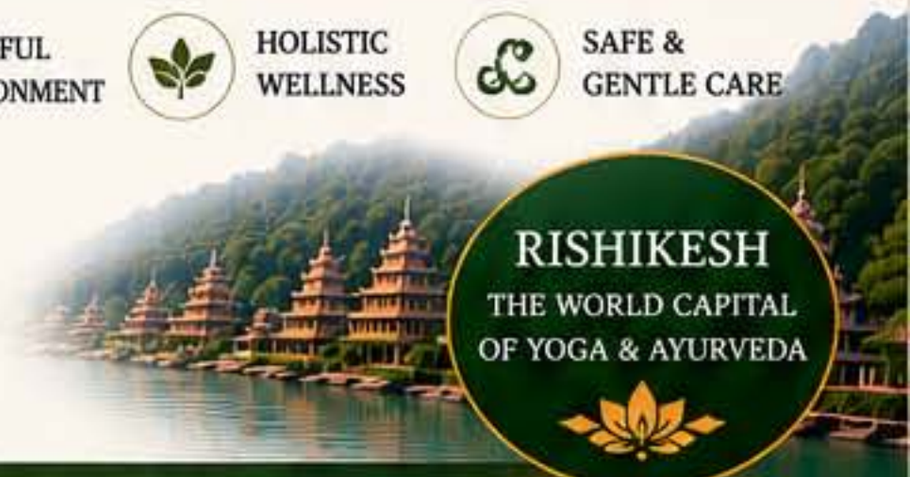

This program complements your medical care. It is not intended to diagnose, treat, cure or prevent any disease.
Consult your healthcare professional before starting any new program.

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Best Care

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HEALTHY SKIN CARE

NATURAL GLOW • HEALTHY SKIN • HOLISTIC WELLNESS

Ayurveda believes that beautiful skin is a reflection of inner balance. Our holistic skin care approach nourishes your skin naturally and helps you glow with confidence.

- NOURISHES SKIN
- DETOXIFIES NATURALLY
- ENHANCES NATURAL GLOW
- PROTECTS & REJUVENATES
- PROMOTES OVERALL WELL-BEING

AYURVEDIC SKIN CARE FOR EVERY SEASON

AYURVEDIC SKIN CARE BENEFITS

- Improves skin texture and tone
- Nourishes and hydrates skin
- Helps reduce acne and blemishes
- Supports natural glow and radiance
- Helps delay signs of aging
- Protects from environmental damage
- Supports healthy, clear and vibrant skin

POWER OF AYURVEDIC INGREDIENTS

ALOE VERA
Hydrates & soothes the skin

TURMERIC
Reduces inflammation & brightens skin

SANDALWOOD
Cools & calms the skin

NEEM
Purifies & helps fight acne

AMLA
Rich in Vitamin C, promotes radiance

ROSE
Soothes & tones the skin

SAFFRON
Enhances natural glow

COCONUT OIL
Moisturizes & nourishes skin

A HOLISTIC APPROACH TO HEALTHY SKIN

Personalized Ayurvedic Consultation + Healthy Nutrition + Herbal Skin Care + Yoga & Pranayama + Meditation & Relaxation + Healthy Sleep & Stress Management

BALANCED LIFESTYLE • MINDFUL HABITS • INNER PEACE • NATURAL BEAUTY

AYURVEDIC THERAPIES FOR HEALTHY SKIN

ABHYANGA
(Herbal Oil Massage)
Nourishes skin & improves circulation

LEPAM
(Herbal Face Pack)
Deep cleansing & nourishing

STEAM THERAPY
(Swedana)
Opens pores & detoxifies skin

DAILY SKIN CARE TIPS

- Drink plenty of warm water
- Eat fresh, seasonal & sattvic food
- Cleanse, tone & moisturize naturally
- Protect skin from harsh sun & pollution
- Get enough sleep & manage stress
- Practice yoga & facial exercises

WHO CAN BENEFIT?

- Acne & blemish prone skin
- Dry, dull & dehydrated skin
- Sensitive & irritated skin
- Early signs of aging
- Pigmentation & uneven skin tone
- Anyone seeking natural glow

EXPERIENCE AUTHENTIC AYURVEDA IN RISHIKESH

- Experienced Ayurvedic Doctors
- Natural & Herbal Skin Care
- Personalized Treatments
- Peaceful Environment
- Holistic & Safe Approach

AYURVEDIC CONSULTATION • HERBAL SKIN CARE • YOGA & PRANAYAMA • MEDITATION • VEDIC MANTRA CHANTING

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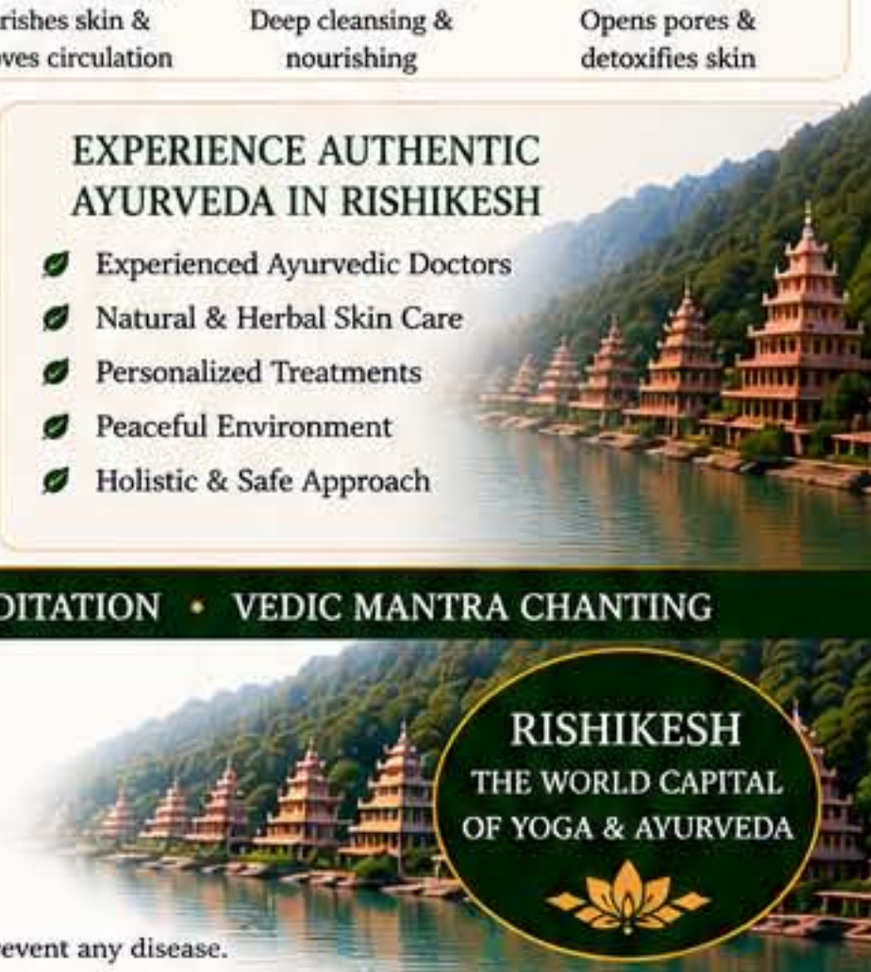

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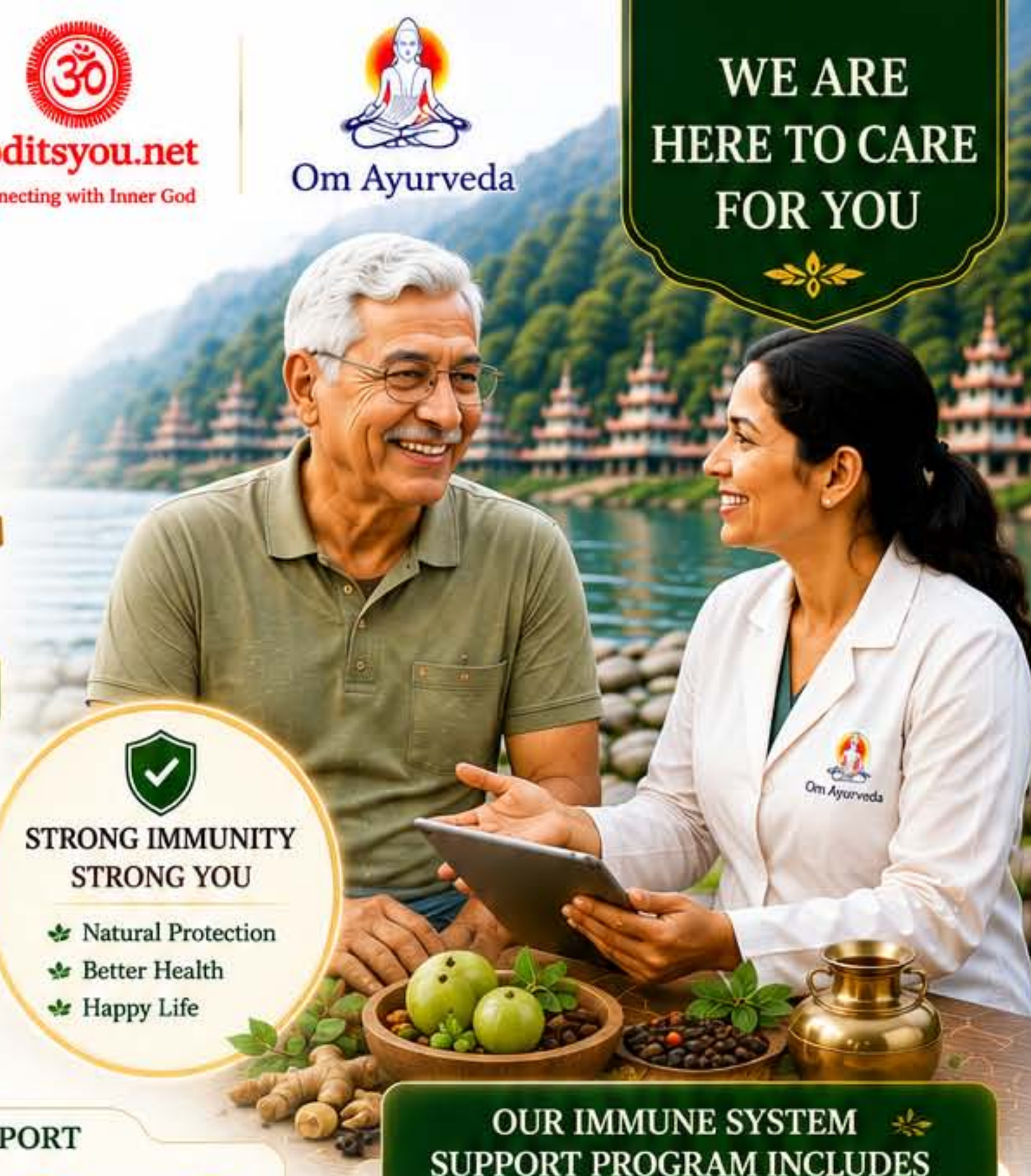
IMMUNE SYSTEM SUPPORT

WITH AYURVEDA



STRENGTHEN YOUR NATURAL DEFENSES
LIVE HEALTHY, LIVE STRONG

Ayurveda offers natural and holistic solutions to support your immune system, improve vitality, boost energy, and promote overall well-being. Build better health with authentic Ayurvedic care and balanced living.

STRONG IMMUNITY STRONG YOU

- Natural Protection
- Better Health
- Happy Life

KEY BENEFITS OF IMMUNE SYSTEM SUPPORT

- SUPPORTS IMMUNE FUNCTION
- IMPROVES NATURAL DEFENSES
- BOOSTS ENERGY & VITALITY
- REDUCES STRESS & INFLAMMATION
- ENHANCES OVERALL WELL-BEING
- SUPPORTS HEALTHY DIGESTION

AYURVEDIC IMMUNITY BOOSTERS

AMLA
Rich in Vitamin C, strengthens immunity

TULSI
Powerful adaptogen, fights infections & detoxifies

TURMERIC
Natural anti-inflammatory & antioxidant

GINGER
Improves digestion & supports immunity

ASHWAGANDHA
Boosts stamina, reduces stress & improves resilience

GUDUCHI
Detoxifies the body & enhances immune response

OUR IMMUNE SYSTEM SUPPORT PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Ayurvedic Herbal Wellness Guidance
- Healthy Nutrition & Meal Planning
- Yoga, Pranayama & Meditation
- Panchakarma Support (When Appropriate)
- Stress Management & Mind Balance
- Detoxification & Digestion Support
- Daily Routine & Lifestyle Guidance
- Home Wellness Plans
- Monthly Follow-up & Ongoing Support

DAILY HABITS FOR STRONG IMMUNITY

- Eat fresh, seasonal & sattvic food
- Stay hydrated & drink warm water
- Exercise daily & practice yoga
- Practice Pranayama & meditation
- Get 7-8 hours of quality sleep
- Manage stress & stay positive
- Follow Dinacharya (Daily Routine)
- Avoid processed & junk foods

Small daily habits create a strong immune tomorrow.

IMMUNITY SUPPORTING FOODS

FRUITS & VEGETABLES
Rich in vitamins, minerals & antioxidants

NUTS & SEEDS
Provide essential nutrients & healthy fats

WHOLE GRAINS & PULSES
Improve digestion & provide sustained energy

SPICES
Turmeric, black pepper, cinnamon boost immunity

HERBAL TEA
Tulsi, ginger, cinnamon tea support immunity

COW GHEE
Nourishes tissues & supports immunity

Ayurveda supports your natural immunity and overall wellness.
It complements but does not replace medical treatment.
Consult your doctor for medical conditions or persistent illness.

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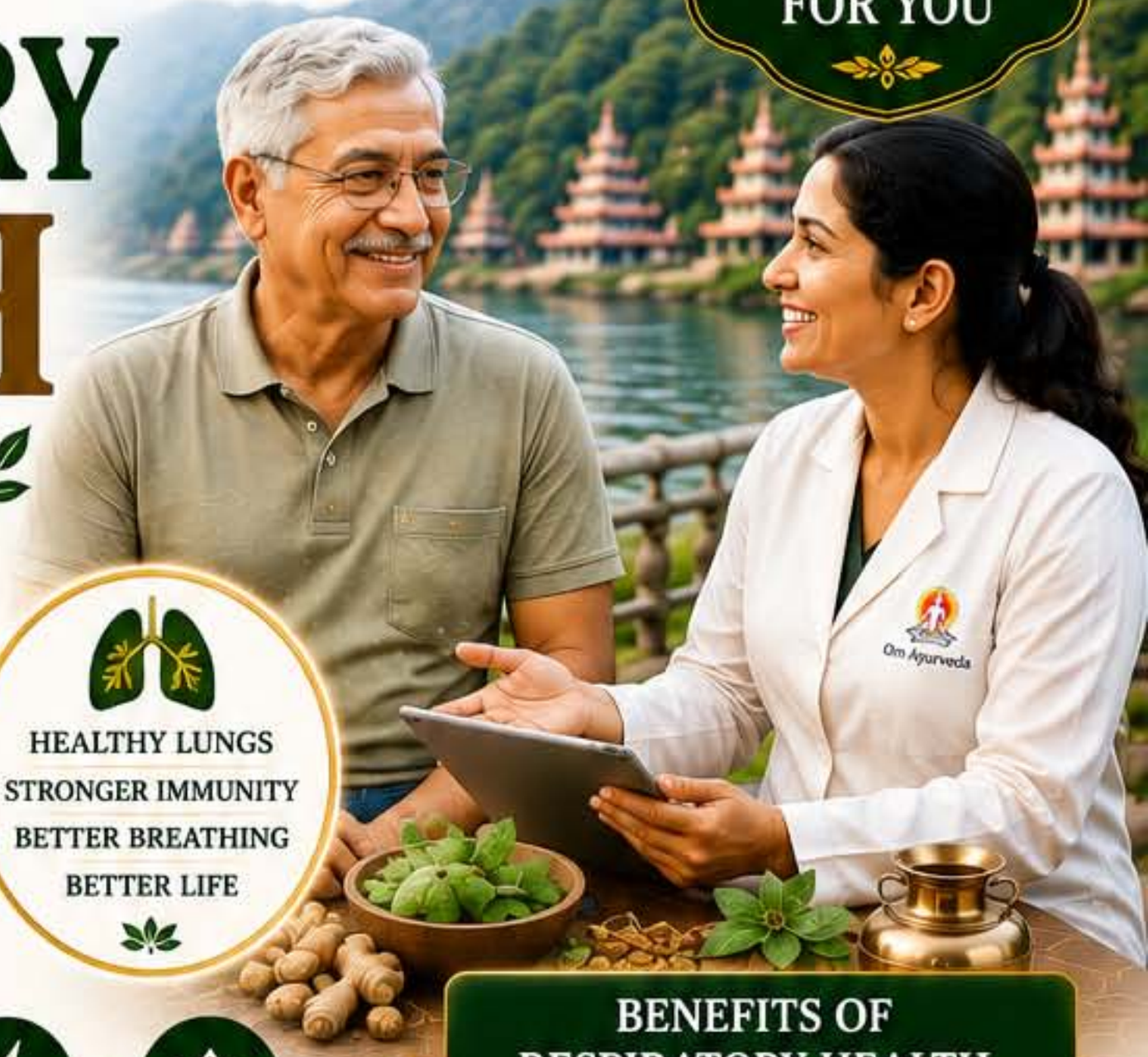
RESPIRATORY HEALTH
WITH AYURVEDA



BREATHE BETTER, LIVE BETTER NATURALLY

Ayurveda offers natural and holistic solutions to support respiratory health, improve lung function, strengthen immunity, and promote overall well-being.

HEALTHY LUNGS
STRONGER IMMUNITY
BETTER BREATHING
BETTER LIFE

- SUPPORTS LUNG FUNCTION
- STRENGTHENS IMMUNE SYSTEM
- IMPROVES AIRWAY HEALTH
- ENHANCES BREATHING CAPACITY
- BOOSTS ENERGY & VITALITY
- PROMOTES OVERALL WELL-BEING

BENEFITS OF RESPIRATORY HEALTH WITH AYURVEDA

- Supports healthy lung function
- Improves breathing & oxygen flow
- Helps clear airways naturally
- Strengthens immunity
- Helps reduce seasonal discomfort
- Supports natural detoxification
- Reduces stress & anxiety
- Improves stamina & energy levels
- Promotes restful sleep
- Enhances overall quality of life

OUR RESPIRATORY HEALTH PROGRAM INCLUDES

PERSONALIZED CONSULTATION
In-depth assessment of your respiratory health and body constitution.

AYURVEDIC HERBAL SUPPORT
Powerful herbs to support lung health and immunity.

YOGA & PRANAYAMA
Breathing practices to improve lung capacity and oxygenation.

NUTRITION GUIDANCE
Personalized diet plans to reduce inflammation and support immunity.

LIFESTYLE COACHING
Daily routine, stress management and better sleep habits.

PANCHAKARMA SUPPORT
Detox therapies (if required) to cleanse and rejuvenate.

DAILY HABITS FOR HEALTHY LUNGS

- Practice Pranayama daily
- Drink warm herbal tea
- Stay hydrated
- Eat fresh, sattvic food
- Avoid cold, processed & oily foods
- Use natural spices like turmeric, ginger, black pepper, tulsi
- Get quality sleep
- Avoid smoking & pollution
- Stay active and spend time in nature

AYURVEDIC HERBS FOR RESPIRATORY WELLNESS

TULSI
Supports immunity & clears airways

YASHTIMADHU (MULETHI)
Soothes throat & supports lungs

VASAKA
Supports healthy respiratory function

HALDI (TURMERIC)
Reduces inflammation

ADRAK (GINGER)
Improves digestion & immunity

KALI MIRCH (BLACK PEPPER)
Supports respiratory health

PIPPALI
Improves lung function & immunity

AMLA
Rich in Vitamin C, boosts immunity

BREATH BETTER, LIVE BETTER

The breath is the bridge between body and mind.
Care for your breath, care for your life.

Ayurveda supports your respiratory health and overall wellness.
It complements but does not replace medical treatment.
Consult your doctor for medical conditions or persistent symptoms.

TAKE A DEEP BREATH TOWARDS A HEALTHIER TOMORROW

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SEASONAL WELLNESS WITH AYURVEDA

STAY HEALTHY • STAY BALANCED ALL YEAR ROUND

Ayurveda teaches us to live in harmony with nature. By following seasonal routines (Ritucharya), eating seasonal foods, and adapting our lifestyle, we can stay balanced, boost immunity, and enjoy vibrant health in every season.

ALIGN WITH NATURE
BALANCE YOUR BODY & MIND
LIVE BETTER EVERY SEASON

THE SIX SEASONS IN AYURVEDA

VASAŃTA (SPRING)
Kapha Season
Focus: Detox & Lighten the Body
Eat light, warm, and easy to digest foods. Stay active.

GRĪṢMA (SUMMER)
Pitta Season
Focus: Cool & Hydrate
Stay cool, hydrated & avoid excessive sun and heat.

VARṢĀ (MONSOON)
Vata Season
Focus: Support Digestion
Eat warm, cooked foods. Avoid raw, cold & heavy meals.

ŚARAD (AUTUMN)
Pitta Season
Focus: Cleanse & Rejuvenate
Bitter & astringent foods help purify and heal.

HEMANTA (PRE-WINTER)
Kapha Season
Focus: Build Strength & Immunity
Nourish the body with warm, unctuous & nutritious foods.

BENEFITS OF SEASONAL WELLNESS

- Strengthens immunity naturally
- Improves digestion & metabolism
- Increases energy & vitality
- Supports detoxification
- Balances body & mind
- Prevents seasonal illnesses
- Promotes healthy skin & hair
- Supports better sleep & mood
- Enhances overall well-being
- Helps you live in harmony with nature

OUR SEASONAL WELLNESS APPROACH

- PERSONALIZED CONSULTATION
- SEASONAL NUTRITION GUIDANCE
- AYURVEDIC HERBAL SUPPORT
- YOGA & PRANAYAMA
- MEDITATION & STRESS MANAGEMENT
- LIFESTYLE & SLEEP BALANCE

SEASONAL HEALTH TIPS

- Eat fresh, seasonal & local foods
- Drink warm water & herbal teas
- Follow daily routines (Dinacharya)
- Adjust sleep, exercise & activities with the season
- Listen to your body & nature
- Keep your mind peaceful & positive

AYURVEDIC SEASONAL FOODS

SPRING
Greens, Barley, Mung Beans, Triphala

SUMMER
Cucumber, Coconut, Melon, Mint, Coriander

MONSOON
Ginger, Garlic, Jeera, Black Pepper, Rock Salt

AUTUMN
Pomegranate, Bitter Gourd, Ghee, Rice

PRE-WINTER
Sesame, Almonds, Milk, Dates, Wheat

WINTER
Ghee, Nuts, Warm Soups, Spices

AYURVEDIC HERBS FOR SEASONAL WELLNESS

TULSI
Supports immunity & respiratory health

AMLA
Rich in Vitamin C, strengthens immunity

TURMERIC
Powerful anti-inflammatory & antioxidant

GINGER
Aids digestion & boosts immunity

ASHWAGANDHA
Reduces stress & improves vitality

MULETHI (LICORICE)
Supports throat, lungs & respiratory health

AYURVEDA & NATURE TOGETHER FOR YOUR COMPLETE WELLNESS

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YOUR PARTNER IN LIFELONG WELLNESS

Consistent Care. Continuous Wellness.

Health is a journey, not a one-time visit.
Our Monthly Consultation Memberships provide you with ongoing Ayurvedic guidance, personalized care, and holistic support to help you achieve your health goals and maintain balance in life.

- Personalized Consultations
- Track Your Health Progress
- Customized Diet & Lifestyle Plans
- Herbal Wellness Guidance
- Yoga & Pranayama
- Stress Management & Meditation
- Monthly Follow-up & Support

MEMBERSHIP BENEFITS

- Monthly Ayurvedic Consultation (Online / In-Person)
- Personalized Wellness & Treatment Plans
- Diet & Nutrition Guidance
- Herbal Recommendations & Support
- Lifestyle & Daily Routine Guidance
- Yoga, Pranayama & Meditation Support
- Seasonal Care & Immunity Support
- Regular Follow-up & Progress Tracking
- Priority Appointments & Member Support
- Exclusive Health Tips & Wellness Resources

PERFECT FOR EVERY STAGE OF LIFE

Healthy Living

Busy Professionals

Senior Wellness

Preventive Health

WHY CHOOSE OM AYURVEDA?

- Authentic Ayurvedic Knowledge
- Experienced & Caring Ayurvedic Doctors
- Holistic & Natural Approach

We Are Here to Care for You

- Personalized Care for You
- Safe, Natural & Time-Tested Therapies
- Support for Lifelong Wellness

INVEST IN YOUR HEALTH TODAY

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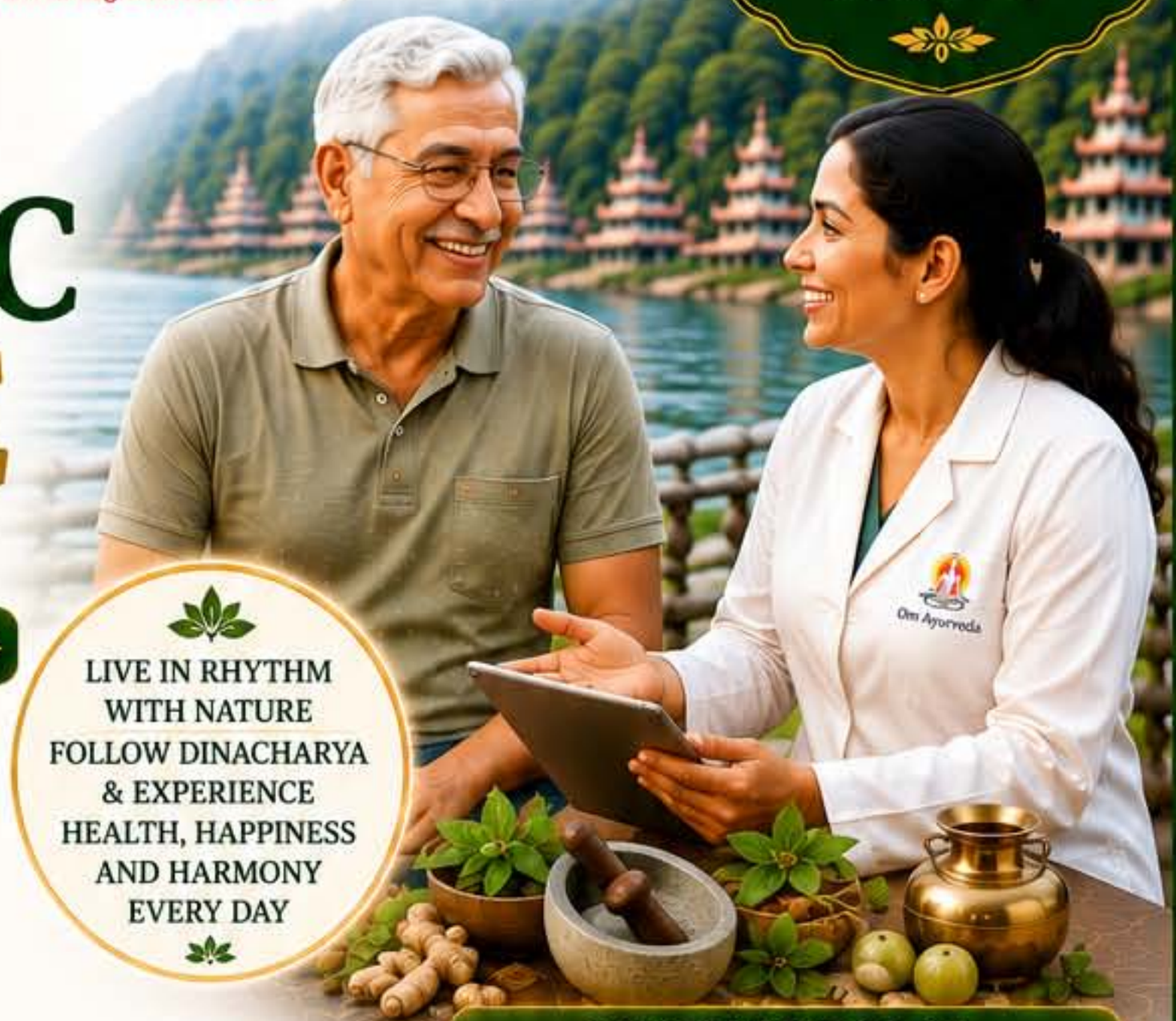
DAILY AYURVEDIC ROUTINE (DINACHARYA)

SMALL DAILY HABITS, LIFELONG WELLNESS

Ayurveda teaches us that following a balanced daily routine (Dinacharya) helps maintain physical health, mental clarity, emotional balance, and spiritual well-being. Discipline in daily habits creates harmony with nature and brings true wellness.



LIVE IN RHYTHM WITH NATURE
FOLLOW DINACHARYA & EXPERIENCE HEALTH, HAPPINESS AND HARMONY EVERY DAY

BENEFITS OF FOLLOWING DINACHARYA

- IMPROVES IMMUNITY
- SUPPORTS DIGESTION
- ENHANCES MENTAL CLARITY & FOCUS
- REDUCES STRESS & ANXIETY
- PROMOTES OVERALL WELL-BEING
- SUPPORTS QUALITY SLEEP

KEY PRINCIPLES OF DINACHARYA

- Wake up early & align with nature's rhythm
- Cleanse the body & mind daily
- Nourish with fresh, seasonal & sattvic food
- Stay active with yoga & exercise
- Practice Pranayama & meditation
- Work mindfully & take breaks
- Spend time in nature
- Eat in moderation & at the right time
- Unwind, be grateful & sleep on time

YOUR IDEAL DAILY ROUTINE (DINACHARYA)

5:00 AM – WAKE UP

Wake up early with gratitude and positive intentions.

5:15 AM – ELIMINATION & CLEANSING

Eliminate naturally. Clean tongue, wash face, and drink warm water.

5:30 AM – ABHYANGA (OIL MASSAGE)

Self oil massage nourishes skin and energizes the body.

6:00 AM – YOGA & PRANAYAMA

Yoga, Pranayama and stretching keep body flexible and mind calm.

7:00 AM – BATH & MEDITATION

Bath refreshes the body. Meditation brings inner peace.

8:00 AM – HEALTHY BREAKFAST

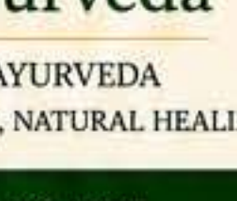
Eat fresh, warm, nutritious food as per your body type.

DAY TIME – MINDFUL LIFESTYLE

Work with focus, take breaks, stay hydrated, be positive.

7:00 PM – LIGHT DINNER

Eat light & early dinner. Avoid heavy, oily & late night meals.



Relax your mind, practice gratitude and sleep early for restful sleep.

AYURVEDIC HABITS TO PRACTICE EVERY DAY

- Drink warm water throughout the day
- Use natural & herbal personal care
- Follow regular meal timings
- Avoid day sleep
- Stay active & maintain good posture
- Speak kindly & think positively
- Digital detox & quality family time

AYURVEDIC DAILY SUPPORT

WARM WATER WITH LEMON & HONEY

HERBAL TEA (TULSI, GINGER, CINNAMON)

SEASONAL FRUITS

DESI COW GHEE

TRIPHALA AT NIGHT

DISCIPLINE IN DAILY HABITS CREATES BALANCE IN LIFE.

FOLLOW DINACHARYA, STAY HEALTHY, STAY HAPPY.

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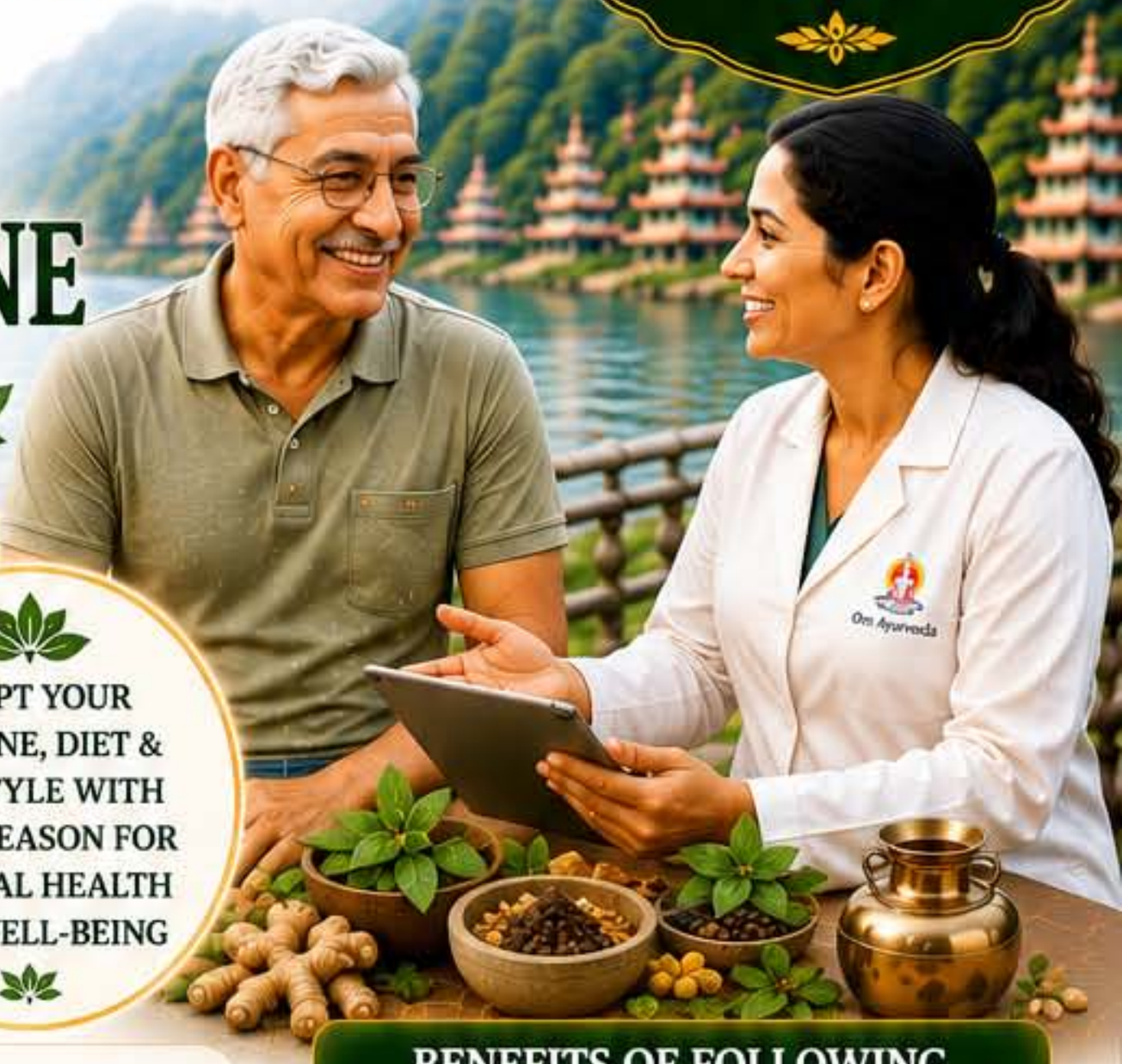
SEASONAL AYURVEDIC ROUTINE (RITUCHARYA)

LIVE IN HARMONY WITH NATURE

Ayurveda teaches us that every season has a different energy. By following Ritucharya (seasonal routine) we can balance our body and mind, strengthen immunity, improve digestion and enjoy vibrant health all year round.



ADAPT YOUR ROUTINE, DIET & LIFESTYLE WITH EACH SEASON FOR OPTIMAL HEALTH AND WELL-BEING

THE SIX SEASONS IN AYURVEDA

VASANTA (Spring)
Kapha Season
Light & Dry
Focus: Detox & Refresh

GRIṢMA (Summer)
Pitta Season
Hot & Dry
Focus: Cool & Hydrate

VARṢĀ (Monsoon)
Vata Season
Cold & Damp
Focus: Support Digestion

ŚARAD (Autumn)
Pitta Season
Warm & Light
Focus: Cleanse & Rejuvenate

HEMANTA (Pre-Winter)
Kapha Season
Cold & Heavy
Focus: Build Strength & Immunity

ŚIŚIRA (Winter)
Vata Season
Very Cold & Dry
Focus: Nourish & Protect

KEY ELEMENTS OF RITUCHARYA

- FOLLOW SEASONAL DIET
- ADAPT DAILY ROUTINE (DINACHARYA)
- HERBAL SUPPORT
- YOGA & PRANAYAMA
- OIL MASSAGE (ABHYANGA)
- ADEQUATE SLEEP & REST
- POSITIVE MINDSET & SELF CARE

EAT SEASONAL, EAT NATURAL

Choose foods that are in season and support your body naturally.

FRESH FRUITS

LEAFY GREENS

WHOLE GRAINS

NUTS & SEEDS

HERBAL DRINKS

HOME COOKED SATTIVIC MEALS

BENEFITS OF FOLLOWING RITUCHARYA

- Supports immunity in every season
- Improves digestion & metabolism
- Balances doshas naturally
- Increases energy & vitality
- Prevents seasonal illnesses
- Promotes healthy skin & hair
- Improves sleep & mental clarity
- Supports detoxification
- Enhances overall well-being
- Helps you live in harmony with nature

DAILY TIPS FOR EVERY SEASON

- Wake up early & follow your daily routine
- Drink warm water & herbal tea
- Eat fresh, seasonal & sattvic food
- Stay active with yoga & exercise
- Practice Pranayama & meditation
- Avoid overexertion in extreme seasons
- Listen to your body & rest when needed
- Keep your mind peaceful & positive

PERSONALIZED AYURVEDIC CONSULTATION AND RITUCHARYA GUIDANCE

Discover your unique routine for each season and experience vibrant health, naturally.

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PERSONALIZED PRAKRITI ASSESSMENT

DISCOVER YOUR UNIQUE AYURVEDIC BODY CONSTIUTION

Ayurveda recognizes that every individual is unique. Your Prakriti (body constitution) is the key to understanding your natural strengths, weaknesses and health needs. A personalized Prakriti assessment helps create a wellness plan tailored just for you.

UNDERSTAND YOUR DOSHA BALANCE

VATA
Air & Ether

Creative • Energetic
Quick Thinking
Light & Dry
Needs: Warmth, Routine, Grounding

PITTA
Fire & Water

Intelligent • Focused
Ambitious
Warm & Sharp
Needs: Cooling, Moderation, Peace

KAPHA
Water & Earth

Calm • Compassionate
Strong • Stable
Heavy & Steady
Needs: Lightness, Activity, Stimulation

Most people have a unique combination of all three doshas.
We help you understand your individual balance.

BENEFITS OF PRAKRITI ASSESSMENT

- Understand your unique body constitution
- Personalized diet & nutrition guidance
- Customized daily routine (Dinacharya)
- Seasonal routine guidance (Ritucharya)
- Lifestyle & exercise recommendations
- Improved digestion & metabolism
- Better stress management
- Enhanced energy & immunity
- Prevention of imbalances & illness
- Supports natural healing
- Long-term health & well-being

OUR PRAKRITI ASSESSMENT PROCESS

IN-DEPTH CONSULTATION
Understand your health history, lifestyle, diet & habits

→

DETAILED QUESTIONNAIRE
Comprehensive Ayurvedic assessment questions

→

PULSE & PHYSICAL EVALUATION
Traditional Ayurvedic methods for better understanding

→

DOSHA & PRAKRITI ANALYSIS
Identify your unique constitution & dosha balance

→

PERSONALIZED WELLNESS PLAN
Tailored diet, lifestyle, herbs, yoga & daily routine guidance

→

ONGOING SUPPORT
Follow-up consultations & continuous wellness support

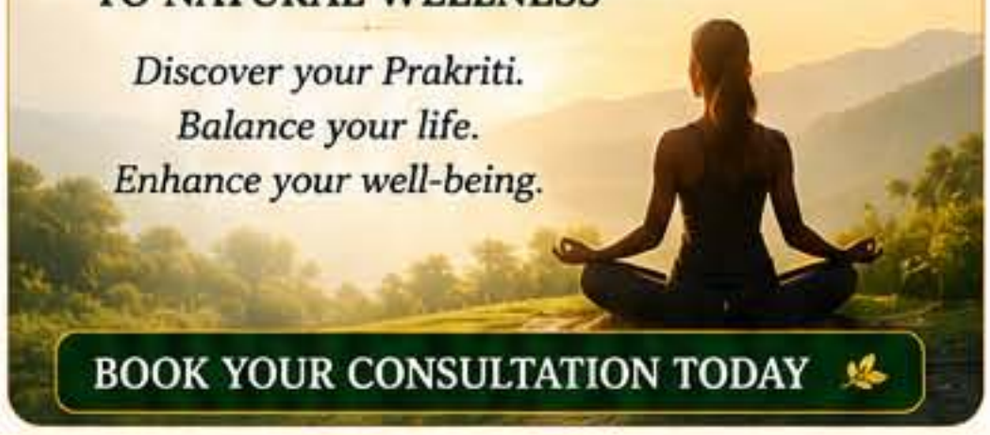
YOUR PERSONALIZED PLAN INCLUDES

- Personalized Nutrition
- Daily Routine (Dinacharya)
- Seasonal Routine (Ritucharya)
- Herbal Guidance
- Yoga & Exercise Recommendations
- Pranayama Guidance
- Meditation & Stress Management
- Lifestyle Coaching

"Ayurveda is not just about treating disease, but about understanding your nature and living in harmony with it."

START YOUR JOURNEY TO NATURAL WELLNESS

Discover your Prakriti.
Balance your life.
Enhance your well-being.



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HOLISTIC WELLNESS Body, Mind & Soul
HEALTHY AGING Live Better, Longer
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PERSONALIZED PRAKRITI ASSESSMENT

DISCOVER • UNDERSTAND • BALANCE

Discover your unique Ayurvedic body constitution and receive a personalized wellness plan designed just for you.

KNOW YOURSELF
BALANCE NATURALLY
LIVE BETTER
NATURALLY

UNDERSTAND YOUR DOSHA BALANCE

VATA
Air & Ether

Creative • Energetic
Quick Thinking
Light & Dry
Needs: Warmth, Routine, Grounding

PITTA
Fire & Water

Intelligent • Focused
Ambitious
Warm & Sharp
Needs: Cooling, Moderation, Peace

KAPHA
Water & Earth

Calm • Compassionate
Strong • Stable
Heavy & Steady
Needs: Lightness, Activity, Stimulation

Everyone is unique. Most people have a combination of all three doshas.
We help you understand your individual balance.

BENEFITS OF PRAKRITI ASSESSMENT

- Understand your unique body constitution
- Personalized diet & nutrition guidance
- Customized daily routine (Dinacharya)
- Seasonal routine guidance (Ritucharya)
- Lifestyle & exercise recommendations
- Better digestion & metabolism
- Improved energy & immunity
- Better sleep & mental clarity
- Stress management & emotional balance
- Prevention of imbalances & illness
- Long-term health & well-being

OUR PRAKRITI ASSESSMENT PROCESS

1. **IN-DEPTH CONSULTATION** — Understand your health history, lifestyle, diet & habits
2. **DETAILED QUESTIONNAIRE** — Comprehensive Ayurvedic assessment questions
3. **PULSE & PHYSICAL EVALUATION** — Traditional Ayurvedic methods for better understanding
4. **DOSHA & PRAKRITI ANALYSIS** — Identify your unique constitution & dosha balance
5. **PERSONALIZED WELLNESS PLAN** — Tailored diet, lifestyle, herbs, yoga & daily routine guidance
6. **ONGOING SUPPORT** — Follow-up consultations & continuous wellness support

YOUR PERSONALIZED PLAN INCLUDES

- Personalized Nutrition
- Daily Routine (Dinacharya)
- Seasonal Routine (Ritucharya)
- Herbal Guidance
- Yoga & Exercise Recommendations
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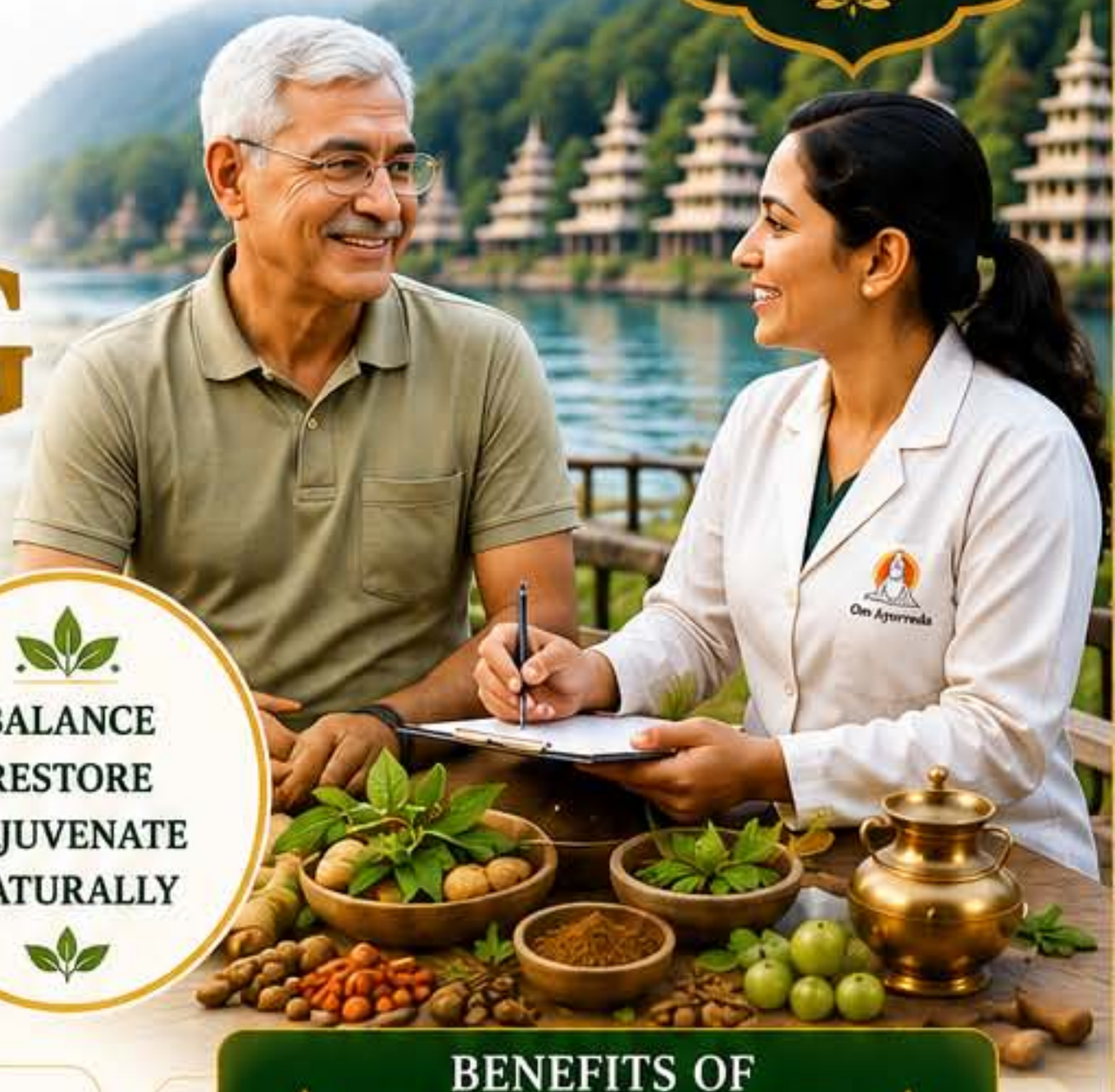
DOSHA BALANCING WITH AYURVEDA



BALANCED DOSHAS, BALANCED LIFE

Ayurveda teaches that good health depends on the balance of three doshas – Vata, Pitta and Kapha. When they are in harmony, the body, mind and spirit function at their best.

BALANCE
RESTORE
REJUVENATE
NATURALLY

UNDERSTAND YOUR DOSHAS

VATA
AIR & ETHER

Creative • Energetic
Quick Thinking
Light & Dry
Needs: Warmth, Routine, Grounding

PITTA
FIRE & WATER

Intelligent • Focused
Ambitious
Warm & Sharp
Needs: Cooling, Moderation, Peace

KAPHA
EARTH & WATER

Calm • Compassionate
Strong & Stable
Heavy & Steady
Needs: Lightness, Activity, Stimulation

When the doshas are balanced, you experience
ENERGY, CLARITY, STRENGTH & INNER PEACE

BENEFITS OF DOSHA BALANCING

- Restores balance of Vata, Pitta & Kapha
- Improves digestion & metabolism
- Enhances immunity & vitality
- Reduces stress, anxiety & fatigue
- Promotes better sleep & mental clarity
- Supports healthy weight management
- Improves skin, hair & overall appearance
- Increases energy & emotional balance
- Prevents imbalances & lifestyle disorders
- Supports long-term health & well-being

OUR AYURVEDIC APPROACH

- PERSONALIZED CONSULTATION
- PRAKRITI & DOSHA ANALYSIS
- DIET & NUTRITION GUIDANCE
- YOGA, PRANAYAMA & MEDITATION
- HERBAL & AYURVEDIC CARE
- LIFESTYLE & DAILY ROUTINE SUPPORT

Personalized care • Natural healing • Holistic well-being

SIGNS OF DOSHA IMBALANCE

VATA IMBALANCE: Anxiety, dryness, bloating, irregular sleep
PITTA IMBALANCE: Acidity, anger, skin issues, inflammation
KAPHA IMBALANCE: Lethargy, weight gain, congestion, heaviness

Let Ayurveda bring you back to balance, naturally.

AYURVEDIC SOLUTIONS FOR YOU

SEASONAL DIET & NUTRITION | ABHYANGA & DETOX SUPPORT | YOGA & PRANAYAMA | HERBAL REMEDIES & WELLNESS | MEDITATION & MIND BALANCE

START YOUR JOURNEY TO WELLNESS

Discover your constitution. Balance your doshas.
Live a healthy, happy and meaningful life.

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HERBAL HOME REMEDIES
with Ayurveda

NATURE'S HEALING TOUCH FOR EVERYDAY WELLNESS

Ayurveda believes that nature provides everything we need to support our health. Simple herbal remedies using everyday herbs and spices can help support your family's wellness naturally.

SIMPLE HERBS
HEALTHY HABITS
HAPPY LIFE
NATURALLY

THE POWER OF HERBS

TULSI
Supports immunity & respiratory health

TURMERIC
Natural anti-inflammatory & antioxidant

GINGER
Aids digestion & reduces bloating

AMLA
Rich in Vitamin C & supports overall health

CUMIN
Improves digestion & reduces gas

CORIANDER
Cooling & supports digestion

FENNEL
Soothes acidity & supports healthy digestion

CINNAMON
Helps regulate blood sugar & improves circulation

BLACK PEPPER
Enhances absorption & boosts immunity

NEEM
Supports skin health & detoxification

LICORICE
Soothes throat & supports respiratory health

MINT
Cooling & refreshing, aids digestion

BENEFITS OF HERBAL HOME REMEDIES

- Supports immunity naturally
- Improves digestion & metabolism
- Detoxifies the body gently
- Relieves stress, anxiety & fatigue
- Supports healthy skin & hair
- Enhances energy & vitality
- Promotes better sleep
- Supports respiratory health
- Strengthens overall well-being
- Safe, natural & family-friendly

EXAMPLES OF HERBAL HOME REMEDIES

TULSI GINGER TEA
For immunity & respiratory support

TURMERIC MILK
For inflammation & better sleep

CUMIN CORIANDER FENNEL TEA
For digestion & detoxification

AMLA CHYAWANPRASH
For strength & overall wellness

OUR GUIDANCE INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti & Dosha Assessment
- Herbal Home Remedy Guidance
- Nutrition & Diet Recommendations
- Yoga & Pranayama Guidance
- Lifestyle & Daily Routine Advice
- Seasonal Wellness Tips
- Ongoing Support & Follow-up

> *When diet is correct, medicine is of no need. When diet is incorrect, medicine is of no use.*
> – *Ayurveda*

HOLISTIC LIFESTYLE FOR NATURAL WELLNESS

SATTVIC NUTRITION

YOGA & PRANAYAMA

MEDITATION & MINDFULNESS

HERBAL CARE & DETOX

SOUND SLEEP & POSITIVE MIND

LET AYURVEDA AND HERBS BRING BALANCE, HEALING & HAPPINESS TO YOUR HOME

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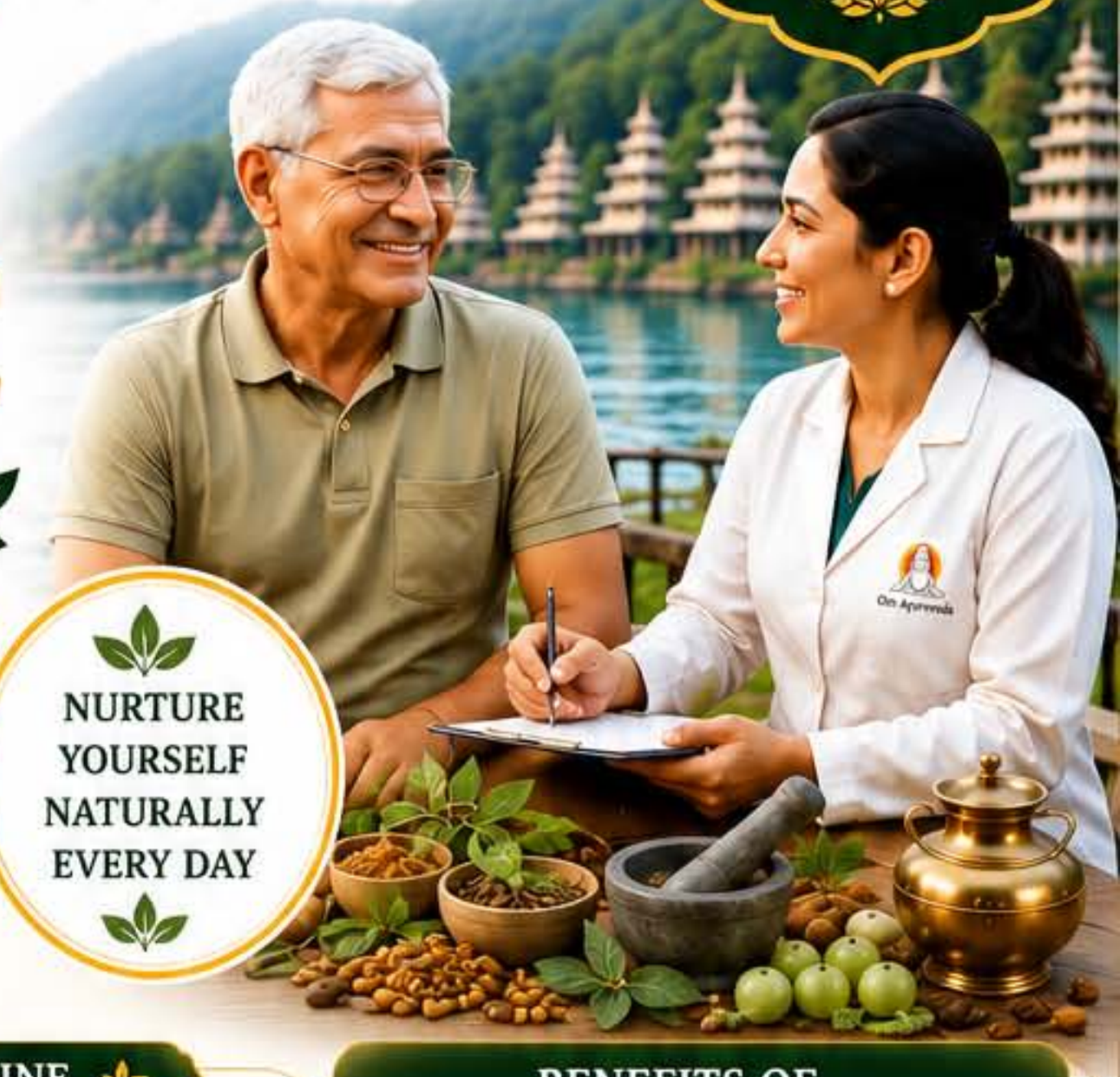
SAFE AYURVEDIC SELF-CARE



SMALL DAILY HABITS, BIG LIFE TRANSFORMATION

Ayurveda teaches us that self-care is not selfish, it is essential. Take care of your body, mind and soul naturally and live a healthy, happy and balanced life.

NURTURE YOURSELF NATURALLY EVERY DAY

YOUR DAILY AYURVEDIC SELF-CARE ROUTINE

CLEANSE
Start the day by cleansing your tongue and refreshing your senses.

HYDRATE
Drink warm water to flush out toxins and boost digestion.

NOURISH
Self Abhyanga (oil massage) nourishes skin, calms the mind and balances doshas.

NATURAL
Use herbs and spices in your daily routine for immunity and well-being.

MIND CARE
Practice yoga, pranayama and meditation to reduce stress and increase inner peace.

PILLARS OF AYURVEDIC SELF-CARE

SATTVIC NUTRITION
Eat fresh, natural, seasonal and wholesome food

YOGA & MOVEMENT
Move your body gently every day

PRANAYAMA & BREATH
Breathe consciously for more energy and calmness

MEDITATION & MINDFULNESS
Stay present, reduce stress and cultivate gratitude

QUALITY SLEEP
Sleep well, wake up refreshed and energized

HERBAL CARE & DETOX
Use natural herbs, oils and therapies for daily balance

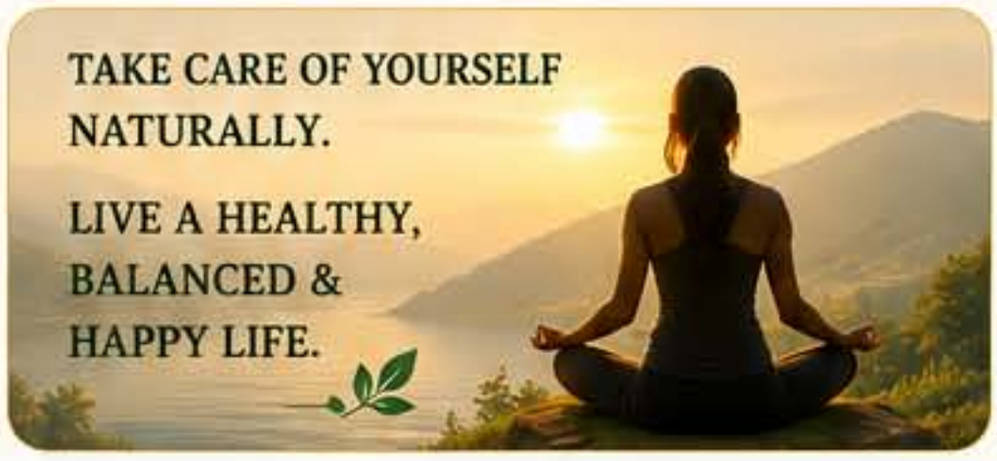
BENEFITS OF SAFE AYURVEDIC SELF-CARE

- Enhances immunity and vitality
- Improves digestion and metabolism
- Balances body, mind and emotions
- Reduces stress, anxiety and fatigue
- Promotes healthy skin and hair
- Improves sleep quality
- Increases energy and productivity
- Supports detoxification naturally
- Strengthens overall well-being
- Builds a strong foundation for a healthy life

"Self-care is how you take your power back. Eat well. Move daily. Breathe deeply. Rest well. Love yourself.
– Ayurveda

OUR GUIDANCE INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti & Dosha Assessment
- Daily Routine (Dinacharya) Planning
- Nutrition & Diet Guidance
- Yoga, Pranayama & Meditation Guidance
- Herbal & Natural Self-Care Guidance
- Ongoing Support & Follow-up



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PANCHAKARMA AWARENESS

DETOX • RESTORE • REJUVENATE

EXPERIENCE AUTHENTIC AYURVEDIC HEALING

Panchakarma is one of Ayurveda's most powerful therapeutic approaches for cleansing the body, calming the mind and rejuvenating the soul. It is a personalized program designed to eliminate toxins (Ama), restore dosha balance and promote long-term wellness.

CLEANSE THE BODY
BALANCE THE DOSHAS
AWAKEN YOUR INNER HEALING

PANCHAKARMA – THE AYURVEDIC PATH TO WELLNESS

Vata • Pitta • Kapha
Balance is the key to perfect health

ABHYANGA

Therapeutic Oil Massage
Nourishes & relaxes the body

SHIRODHARA

Relieves stress, calms the mind & improves sleep

SWEDANA

Herbal steam therapy opens pores & detoxifies the body

NASYA

Cleanses the head region, improves clarity & immunity

VIRECHANA

Therapeutic purgation clears toxins from the system

BASTI

Enema therapy for detox, balance & rejuvenation

RAKTAMOKSHANA

Blood purification therapy for skin & toxin removal

THERAPIES ARE CUSTOMIZED AS PER YOUR BODY TYPE AND HEALTH CONDITION BY EXPERT AYURVEDIC DOCTORS.

HOLISTIC SUPPORT FOR COMPLETE HEALING

SATTIVIC NUTRITION | YOGA & EXERCISE | PRANAYAMA & BREATHWORK | MEDITATION & MINDFULNESS | HERBAL CARE | DAILY ROUTINE GUIDANCE

BENEFITS OF PANCHAKARMA

- Deep cleansing & detoxification
- Balances Vata, Pitta & Kapha
- Improves digestion & metabolism
- Boosts immunity & energy
- Relieves stress, anxiety & fatigue
- Promotes healthy glowing skin
- Improves sleep & mental clarity
- Supports weight management
- Slows down aging naturally
- Enhances overall well-being

PANCHAKARMA IS RECOMMENDED FOR

Digestive Issues | Stress, Anxiety & Sleeplessness | Skin Problems | Toxin Accumulation | Low Energy & Fatigue | Lifestyle Disorders

WHY CHOOSE OM AYURVEDA?

- Qualified & experienced Ayurvedic doctors
- Authentic therapies & classical methods
- Personalized care & one-to-one attention
- Peaceful environment in Rishikesh
- Pure herbs, oils & traditional preparations
- Safe, natural & holistic healing approach

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INVEST IN YOUR HEALTH TODAY FOR A BETTER TOMORROW

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GENTLE DETOX PROGRAMS with Ayurveda

REFRESH • RESTORE • REJUVENATE NATURALLY

CLEANSE
NOURISH
BALANCE
HEAL

Give your body the gentle care it deserves. Our Gentle Detox Programs are designed to support natural cleansing, improve digestion, boost energy, reduce stress and promote overall well-being.

WHAT MAKES OUR GENTLE DETOX PROGRAMS UNIQUE?

PERSONALIZED AYURVEDIC CONSULTATION
Tailored to your body constitution and needs

NATURAL DETOX SUPPORT
Supports the body's natural cleansing process

YOGA, PRANAYAMA & MEDITATION
Calms the mind, reduces stress and restores balance

HERBAL & SATTVIC NUTRITION
Light, nourishing meals & herbal support

HOLISTIC WELLNESS GUIDANCE
Lifestyle, daily routine & seasonal care

BENEFITS OF GENTLE DETOX

- Supports natural cleansing & detoxification
- Improves digestion & metabolism
- Enhances energy, vitality & immunity
- Reduces stress, anxiety & fatigue
- Promotes healthy skin & glowing complexion
- Improves sleep quality
- Supports healthy weight management
- Restores balance of body, mind & emotions
- Enhances overall well-being

OUR GENTLE DETOX PROGRAM MAY INCLUDE

CONSULTATION & ASSESSMENT → GENTLE AYURVEDIC THERAPIES* → SATTVIC DIET & HERBAL SUPPORT → YOGA, PRANAYAMA & MEDITATION → REST, RELAXATION & REJUVENATION

**Therapies are recommended after consultation and based on individual suitability.*

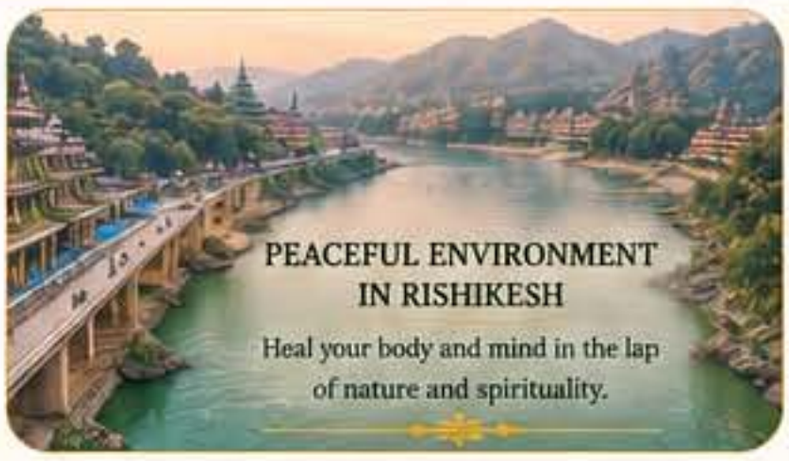
YOUR JOURNEY TO WELLNESS

- Detoxify Naturally
- Feel Lighter
- Better Digestion
- More Energy
- Clearer Mind
- Balanced Life

Live Healthy, Live Happy!

GENTLE DETOX IS IDEAL FOR

- Stress & anxiety
- Poor digestion
- Low energy & fatigue
- Skin issues
- Weight imbalance
- Irregular lifestyle
- Toxin buildup
- Seasonal transitions



SAFE • NATURAL • HOLISTIC

Our programs are natural, safe and designed for long-term wellness.

Your health is our priority.

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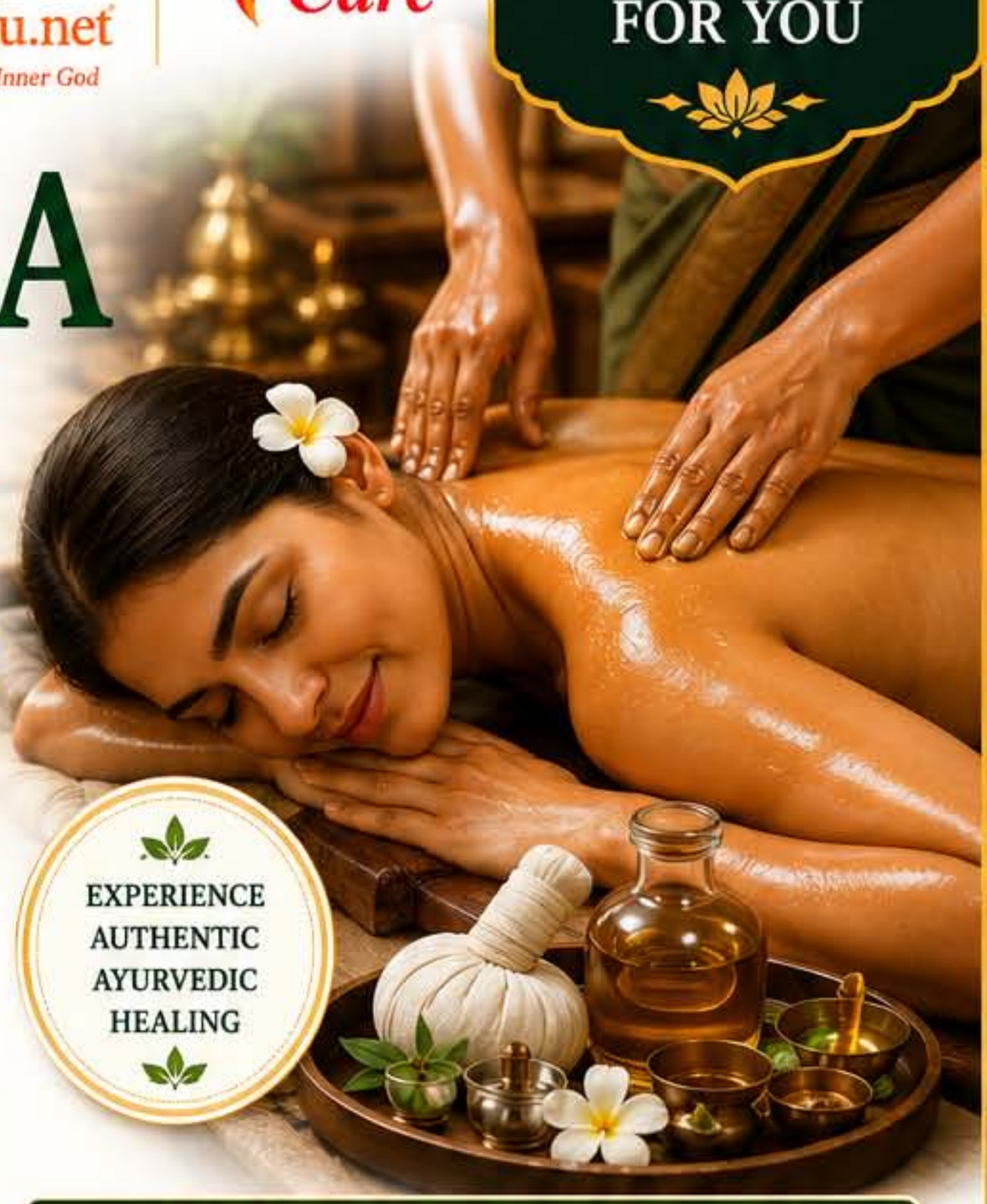
ABHYANGA

TRADITIONAL AYURVEDIC OIL MASSAGE

NOURISH • RELAX • REJUVENATE

Abhyanga is a traditional Ayurvedic practice using warm medicated herbal oils and synchronized massage techniques to promote relaxation, nourishes the body, calms the mind and supports overall well-being.



BENEFITS OF ABHYANGA

- Promotes deep relaxation
- Improves sleep quality
- Nourishes skin & improves glow
- Enhances flexibility & joint mobility
- Supports healthy blood circulation
- Strengthens body tissues & immunity
- Helps reduce stress, anxiety & fatigue
- Promotes overall well-being & vitality

OUR ABHYANGA THERAPY INCLUDES

Personalized Ayurvedic Consultation

Selection of Medicinal Oils as per Prakriti

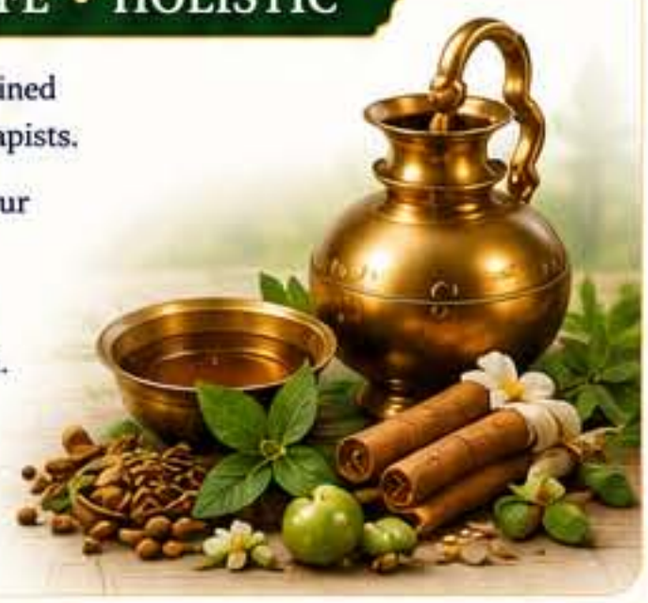
Full Body Abhyanga Massage

Swedana (Steam Therapy) if required

Herbal Tea & Post Therapy Care

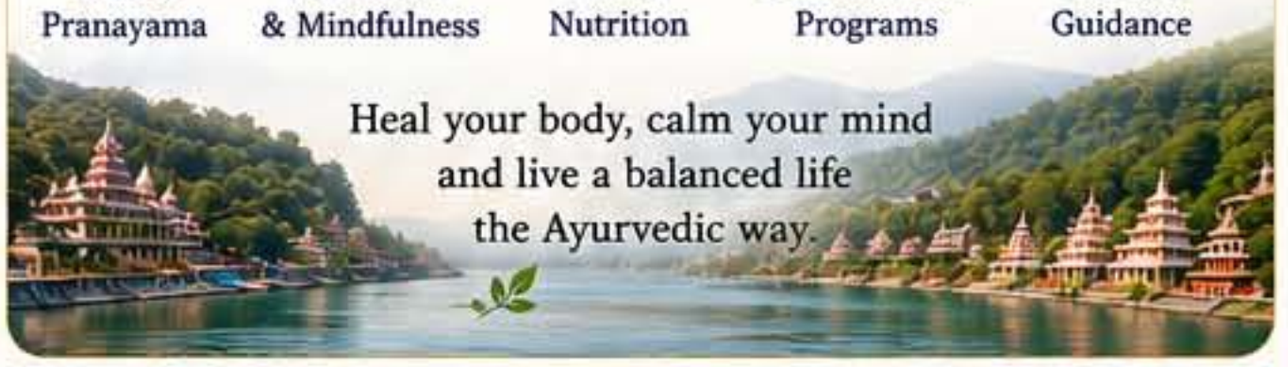
AUTHENTIC • SAFE • HOLISTIC

- Therapy performed by highly trained and experienced Ayurvedic therapists.
- Warm herbal oils used as per your body constitution.
- Traditional techniques followed with the right pressure & rhythm.
- Sacred Vedic Mantra chanting during the therapy for deep relaxation & healing.



SUPPORTS YOUR WELLNESS JOURNEY

- Yoga & Pranayama
- Meditation & Mindfulness
- Sattvic Nutrition
- Panchakarma Programs
- Lifestyle Guidance



WHO IS ABHYANGA FOR?

- Stress & Anxiety
- Fatigue & Weakness
- Poor Sleep Quality
- Dry Skin & Dehydration
- Joint Stiffness & Tension

Abhyanga is a wellness therapy and is not a substitute for medical treatment.

Not recommended during acute illness, fever, skin infections, recent injuries, pregnancy (first trimester) and certain medical conditions. Please consult our Ayurvedic doctor.

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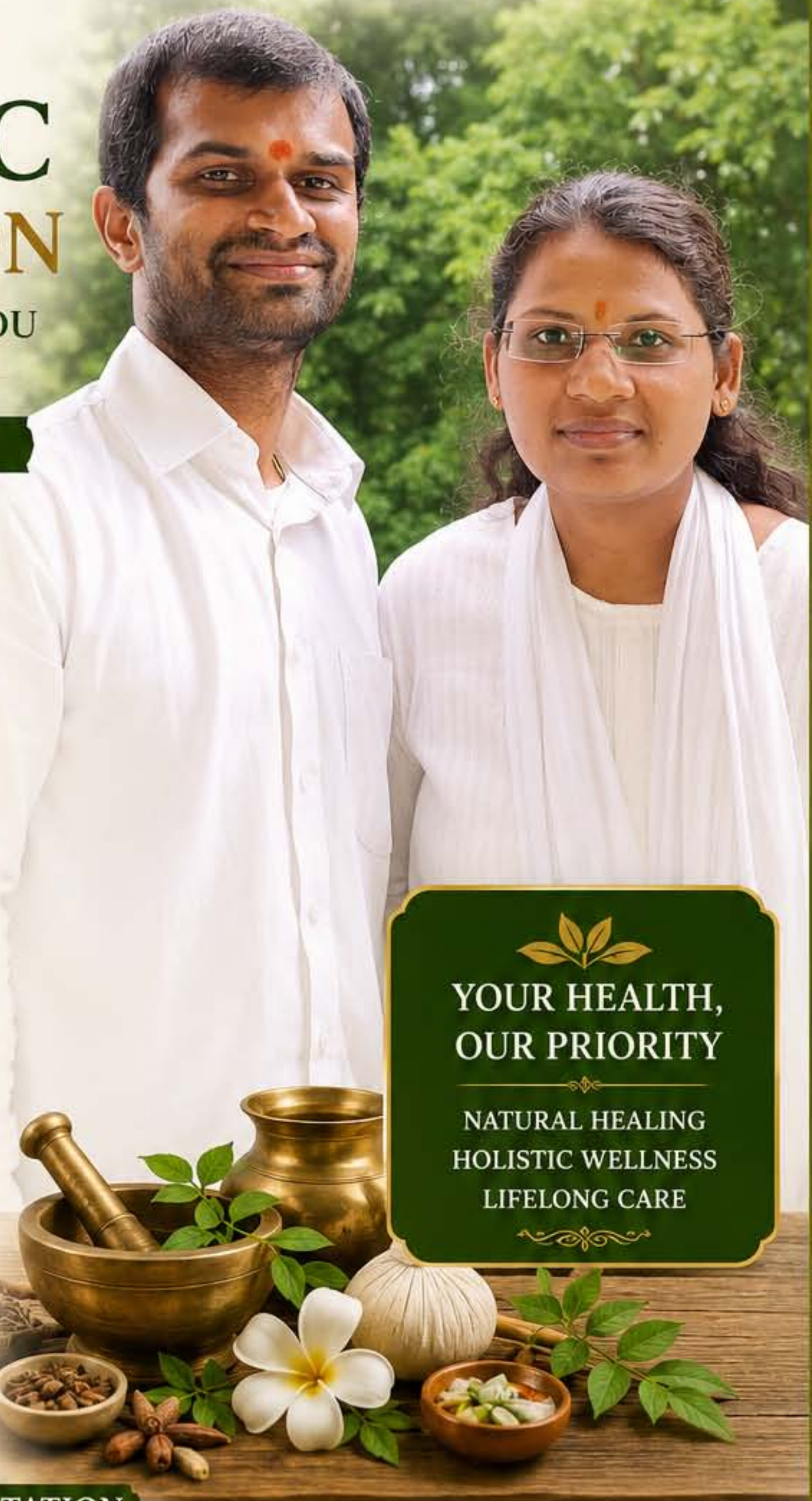
PERSONALIZED AYURVEDIC CONSULTATION

CARE THAT UNDERSTANDS YOU



WE ARE HERE TO CARE FOR YOU

At Om Ayurveda, we take the time to listen, understand your unique health needs and provide natural, effective and personalized Ayurvedic solutions for your well-being.

OUR CONSULTATION INCLUDES

- In-depth Health Assessment
- Prakriti (Constitution) Analysis
- Personalized Diet & Lifestyle Plan
- Herbal & Natural Recommendations
- Panchakarma & Detox Guidance
- Yoga, Pranayama & Meditation Guidance
- Stress Management & Mental Wellness
- Seasonal Care & Daily Routine (Dinacharya)
- Follow-up & Ongoing Support

BENEFITS OF AYURVEDIC CONSULTATION

- Better Digestion
- Improved Immunity
- Balanced Lifestyle
- Natural Detox
- Stress Relief
- Better Sleep & Energy
- Disease Prevention

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CHOLESTEROL MANAGEMENT with Ayurveda

SUPPORT HEART HEALTH • LIVE NATURALLY

Ayurveda offers natural and holistic ways to support healthy cholesterol levels and overall well-being through balanced diet, herbal care, lifestyle changes, yoga, and stress management.

HEALTHY HEART
HEALTHY CHOLESTEROL
HEALTHY LIFE

BENEFITS OF AYURVEDIC SUPPORT

- Supports healthy cholesterol balance
- Promotes heart health & circulation
- Helps manage weight naturally
- Reduces stress and mental tension
- Improves digestion & metabolism
- Increases energy & vitality
- Supports overall well-being

AYURVEDIC SUPPORT INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Herbal Remedies & Natural Supplements
- Heart-Healthy Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Weight Management Support
- Detoxification & Panchakarma Therapies
- Lifestyle & Daily Routine Guidance
- Ongoing Monitoring & Follow-up Support

KEY FACTORS FOR CHOLESTEROL MANAGEMENT

BALANCED DIET | REGULAR EXERCISE | STRESS MANAGEMENT | QUALITY SLEEP | HEALTHY LIFESTYLE

HEART-HEALTHY AYURVEDIC DIET

FIBER RICH FOODS | OMEGA-3 RICH FOODS | NUTS & SEEDS | FRESH FRUITS & VEGGIES | HERBAL TEAS

Include oats, barley, green leafy vegetables, garlic, flaxseeds, walnuts, almonds, amla, green tea, turmeric and more.

EAT NATURAL | MOVE DAILY | MANAGE STRESS | THINK POSITIVE | STAY HYDRATED | LIVE MINDFULLY

Small changes today for a healthier heart tomorrow.

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www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

Om Ayurveda

AUTHENTIC AYURVEDA
HOLISTIC CARE, NATURAL HEALING

Om Ayurveda
We Are Here to Care for You

MOTHER EARTH
TRAVEL AND TOURISM

goditsyou.net
Connecting with Inner God

Best Care

WE ARE HERE TO CARE FOR YOU

DIABETES WELLNESS
with Ayurveda

BALANCE • MANAGE • THRIVE

Ayurveda offers a holistic and natural approach to support healthy blood sugar levels and overall well-being through balanced diet, herbal care, lifestyle changes, yoga, and stress management.

MANAGE SUGAR
NATURALLY
LIVE HEALTHY
LIVE HAPPY

BENEFITS OF AYURVEDIC SUPPORT

- Helps support healthy blood sugar levels
- Improves digestion & metabolism
- Supports healthy weight management
- Reduces stress & improves sleep
- Enhances energy & vitality
- Supports overall well-being and quality of life

OUR DIABETES WELLNESS PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Herbal Remedies & Natural Support
- Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Lifestyle Coaching & Follow-up

AYURVEDIC HERBS THAT SUPPORT WELLNESS

Methi (Fenugreek) · Jamun · Karela (Bitter Gourd) · Vijaysar · Gudmar (Gymnema)

Herbal support should always be taken under the guidance of a qualified Ayurvedic practitioner.

AYURVEDIC DIET FOR DIABETES WELLNESS

Whole Grains & Millets · Green Leafy Vegetables · Bitter Vegetables (Neem, Karela, Methi) · Healthy Fats (Nuts, Seeds) · Herbal Teas & Spices

LIFESTYLE TIPS FOR DIABETES WELLNESS

Stay Active Every Day · Manage Stress · Get Quality Sleep · Stay Hydrated · Regular Health Check-ups

SMALL CHANGES TODAY, HEALTHY LIFE TOMORROW

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WEIGHT MANAGEMENT
with Ayurveda

HEALTHY WEIGHT • HEALTHY BODY • HEALTHY LIFE

Ayurveda offers a holistic and natural approach to weight management by balancing body, mind and lifestyle through proper nutrition, herbal support, yoga, detoxification and daily healthy habits.

BALANCE
NOURISH
DETOXIFY
TRANSFORM

BENEFITS OF AYURVEDIC WEIGHT MANAGEMENT

- Supports healthy weight loss
- Improves metabolism & digestion
- Balances body constitution (Prakriti)
- Reduces stress & emotional eating
- Detoxifies body & removes toxins
- Enhances energy & vitality
- Improves sleep quality
- Promotes overall well-being

OUR WEIGHT MANAGEMENT PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti Assessment & Lifestyle Evaluation
- Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Herbal Support
- Regular Follow-up & Progress Care

AYURVEDIC DETOX & HERBAL SUPPORT

Natural detox therapies and herbs help in cleansing the body, boosting metabolism and supporting healthy fat metabolism.

Triphala — Supports Digestion

Guggulu — Helps in Fat Metabolism

Green Tea — Boosts Metabolism

Punarnava — Reduces Water Retention

Garcinia — Supports Weight Loss

AYURVEDIC DIET FOR WEIGHT MANAGEMENT

Whole Grains & Millets

Fresh Vegetables

Legumes & Pulses

Healthy Fats (Nuts, Seeds)

Herbal Teas & Spices

Eat fresh, light, warm, seasonal and sattvic food.
Avoid processed, oily, heavy & excess sugary foods.

LIFESTYLE TIPS FOR A HEALTHY WEIGHT

- Stay Active Every Day
- Manage Stress
- Get Quality Sleep
- Stay Hydrated
- Eat Mindfully & Avoid Overeating
- Follow Daily Routine

SMALL CHANGES TODAY, LASTING RESULTS TOMORROW

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HEALTHY METABOLISM

with Ayurveda

BOOST YOUR ENERGY • IMPROVE DIGESTION • LIVE WELL

A healthy metabolism helps your body convert food into energy, maintain a healthy weight, and support overall well-being, Ayurveda offers natural ways to improve digestion, balance your body and mind, and enhance metabolic function.

BENEFITS OF A HEALTHY METABOLISM

- Improves digestion & nutrient absorption
- Helps maintain a healthy weight
- Boosts energy & reduces fatigue
- Supports detoxification & removes toxins
- Balances hormones naturally
- Enhances immunity & overall well-being
- Promotes clear skin & healthy mind

OUR HEALTHY METABOLISM PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti Assessment & Lifestyle Evaluation
- Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Herbal Support
- Regular Follow-up & Progress Care

EAT NATURAL • EAT SEASONAL • EAT SATTVIC

Whole Grains

Fresh Fruits & Vegetables

Legumes & Pulses

Healthy Fats (Nuts, Seeds)

Herbal Teas & & Spices

Choose light, warm, freshly cooked meals.
Avoid processed foods, heavy, oily & excessive sugar.

AYURVEDIC HERBS THAT SUPPORT METABOLISM

Triphala

Guggulu

Trikatu
(Ginger, Black Pepper, Pippali)

Gudmar
(Gymnema)

Jeera
(Cumin Seeds)

These herbs help improve digestion, boost metabolism, burn toxins and support overall wellness.

LIFESTYLE TIPS FOR A HEALTHY METABOLISM

- Wake Up Early
- Drink Warm Water
- Stay Active Daily
- Manage Stress
- Sleep on Time
- Eat Mindfully & Chew Well
- Follow Daily Routine (Dinacharya)

Small daily choices create a strong metabolism and a healthy life.

This program complements your medical care. Do not stop or change your prescribed medication without consulting your doctor.
Consult your healthcare professional before starting any new health program.

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IMMUNE SYSTEM SUPPORT with Ayurveda

STRENGTHEN YOUR DEFENSES • LIVE HEALTHY • STAY PROTECTED •

Ayurveda offers natural and holistic ways to support your immune system and build resilience through balanced nutrition, herbal support, healthy lifestyle, yoga, pranayama and stress management.

BENEFITS OF IMMUNE SYSTEM SUPPORT

- Supports natural defense system
- Enhances immunity and resilience
- Helps fight against seasonal illnesses
- Improves digestion and nutrient absorption
- Reduces stress and inflammation
- Promotes healthy skin and vitality
- Supports overall health and well-being

OUR IMMUNE SUPPORT PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Diet & Nutrition Guidance
- Herbal Support
- Yoga & Pranayama
- Lifestyle Coaching & Follow-up

AYURVEDIC HERBS THAT SUPPORT IMMUNITY

Tulsi (Holy Basil) · Amla (Indian Gooseberry) · Guduchi (Giloy) · Turmeric (Haldi) · Ashwagandha (Indian Ginseng)

These powerful herbs help in detoxification, rejuvenation and building a strong immune system naturally.

IMMUNITY BOOSTING DIET

Fresh Fruits & Vegetables · Whole Grains & Millets · Nuts & Seeds · Healthy Fats (Ghee, Nuts) · Healthy Fats & Spices

Eat fresh, seasonal, sattvic and natural foods to nourish your body and strengthen immunity.

LIFESTYLE TIPS FOR A STRONG IMMUNITY

Early to Bed & Wake Up · Regular Exercise · Manage Stress · Stay Hydrated · Quality Sleep · Be Positive & Grateful

Small daily choices create a strong immune system and a healthy life.

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RESPIRATORY HEALTH with Ayurveda

BREATHE BETTER • LIVE BETTER

Ayurveda offers natural and holistic ways to support respiratory health, improve lung function and strengthen immunity through proper nutrition, herbal support, yoga, pranayama and healthy lifestyle choices.

BENEFITS OF RESPIRATORY HEALTH SUPPORT

- Supports healthy lung function
- Helps clear airways and improves breathing
- Supports immunity and natural defenses
- Reduces stress and promotes relaxation
- Helps manage seasonal discomfort
- Enhances energy levels and stamina
- Promotes overall well-being

OUR RESPIRATORY HEALTH PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Herbal Remedies & Natural Support
- Yoga, Pranayama & Meditation
- Diet & Nutrition Guidance
- Lifestyle Coaching & Follow-up

AYURVEDIC HERBS FOR RESPIRATORY WELLNESS

Tulsi (Holy Basil) · Vasaka (Adhatoda) · Ginger (Shunthi) · Turmeric (Haridra) · Pippali (Long Pepper)

These powerful herbs help in clearing airways, reducing inflammation and supporting healthy respiration.

AYURVEDIC DIET FOR RESPIRATORY HEALTH

- Warm & Nourishing Foods
- Soups & Herbal Broths
- Fruits Rich in Vitamin C
- Spices Like Turmeric, Black Pepper & Cumin
- Herbal Teas & Decoctions

Eat light, warm, fresh and sattvic foods.
Avoid cold, processed, oily, heavy and excess dairy foods.

LIFESTYLE TIPS FOR HEALTHY LUNGS

- Practice Pranayama Daily
- Stay Active Every Day
- Stay Hydrated
- Get Quality Sleep
- Manage Stress
- Avoid Smoke, Dust & Pollution

EFFECTIVE PRANAYAMA FOR RESPIRATORY HEALTH

Anulom Vilom · Bhramari · Kapalabhati · Deep Breathing

Regular practice of pranayama improves lung capacity, increases oxygen levels and calms the mind.

This program complements your medical care. It is not intended to diagnose, treat, cure or prevent any disease.
Consult your healthcare professional for medical conditions.

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CHOLESTEROL MANAGEMENT with Ayurveda

SUPPORT HEART HEALTH • LIVE NATURALLY

Ayurveda offers natural and holistic ways to support healthy cholesterol levels and overall well-being through balanced diet, herbal care, lifestyle changes, yoga, and stress management.

HEALTHY HEART
HEALTHY CHOLESTEROL
HEALTHY LIFE

BENEFITS OF AYURVEDIC SUPPORT

- Supports healthy cholesterol balance
- Promotes heart health & circulation
- Helps manage weight naturally
- Reduces stress and mental tension
- Improves digestion & metabolism
- Increases energy & vitality
- Supports overall well-being

AYURVEDIC SUPPORT INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Herbal Remedies & Natural Supplements
- Heart-Healthy Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Weight Management Support
- Detoxification & Panchakarma Therapies
- Lifestyle & Daily Routine Guidance
- Ongoing Monitoring & Follow-up Support

KEY FACTORS FOR CHOLESTEROL MANAGEMENT

BALANCED DIET | REGULAR EXERCISE | STRESS MANAGEMENT | QUALITY SLEEP | HEALTHY LIFESTYLE

HEART-HEALTHY AYURVEDIC DIET

FIBER RICH FOODS | OMEGA-3 RICH FOODS | NUTS & SEEDS | FRESH FRUITS & VEGGIES | HERBAL TEAS

Include oats, barley, green leafy vegetables, garlic, flaxseeds, walnuts, almonds, amla, green tea, turmeric and more.

EAT NATURAL | MOVE DAILY | MANAGE STRESS | THINK POSITIVE | STAY HYDRATED | LIVE MINDFULLY

Small changes today for a healthier heart tomorrow.

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DIABETES WELLNESS
with Ayurveda

BALANCE • MANAGE • THRIVE

Ayurveda offers a holistic and natural approach to support healthy blood sugar levels and overall well-being through balanced diet, herbal care, lifestyle changes, yoga, and stress management.

MANAGE SUGAR
NATURALLY
LIVE HEALTHY
LIVE HAPPY

BENEFITS OF AYURVEDIC SUPPORT

- Helps support healthy blood sugar levels
- Improves digestion & metabolism
- Supports healthy weight management
- Reduces stress & improves sleep
- Enhances energy & vitality
- Supports overall well-being and quality of life

OUR DIABETES WELLNESS PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Herbal Remedies & Natural Support
- Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Lifestyle Coaching & Follow-up

AYURVEDIC HERBS THAT SUPPORT WELLNESS

Methi (Fenugreek) · Jamun · Karela (Bitter Gourd) · Vijaysar · Gudmar (Gymnema)

Herbal support should always be taken under the guidance of a qualified Ayurvedic practitioner.

AYURVEDIC DIET FOR DIABETES WELLNESS

Whole Grains & Millets · Green Leafy Vegetables · Bitter Vegetables (Neem, Karela, Methi) · Healthy Fats (Nuts, Seeds) · Herbal Teas & Spices

LIFESTYLE TIPS FOR DIABETES WELLNESS

Stay Active Every Day · Manage Stress · Get Quality Sleep · Stay Hydrated · Regular Health Check-ups

SMALL CHANGES TODAY, HEALTHY LIFE TOMORROW

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WEIGHT MANAGEMENT
with Ayurveda

HEALTHY WEIGHT • HEALTHY BODY • HEALTHY LIFE

Ayurveda offers a holistic and natural approach to weight management by balancing body, mind and lifestyle through proper nutrition, herbal support, yoga, detoxification and daily healthy habits.

BALANCE
NOURISH
DETOXIFY
TRANSFORM

BENEFITS OF AYURVEDIC WEIGHT MANAGEMENT

- Supports healthy weight loss
- Improves metabolism & digestion
- Balances body constitution (Prakriti)
- Reduces stress & emotional eating
- Detoxifies body & removes toxins
- Enhances energy & vitality
- Improves sleep quality
- Promotes overall well-being

OUR WEIGHT MANAGEMENT PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti Assessment & Lifestyle Evaluation
- Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Herbal Support
- Regular Follow-up & Progress Care

AYURVEDIC DETOX & HERBAL SUPPORT

Natural detox therapies and herbs help in cleansing the body, boosting metabolism and supporting healthy fat metabolism.

Triphala — Supports Digestion

Guggulu — Helps in Fat Metabolism

Green Tea — Boosts Metabolism

Punarnava — Reduces Water Retention

Garcinia — Supports Weight Loss

AYURVEDIC DIET FOR WEIGHT MANAGEMENT

Whole Grains & Millets

Fresh Vegetables

Legumes & Pulses

Healthy Fats (Nuts, Seeds)

Herbal Teas & Spices

Eat fresh, light, warm, seasonal and sattvic food.
Avoid processed, oily, heavy & excess sugary foods.

LIFESTYLE TIPS FOR A HEALTHY WEIGHT

- Stay Active Every Day
- Manage Stress
- Get Quality Sleep
- Stay Hydrated
- Eat Mindfully & Avoid Overeating
- Follow Daily Routine

SMALL CHANGES TODAY, LASTING RESULTS TOMORROW

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HEALTHY METABOLISM

with Ayurveda

BOOST YOUR ENERGY • IMPROVE DIGESTION • LIVE WELL

A healthy metabolism helps your body convert food into energy, maintain a healthy weight, and support overall well-being, Ayurveda offers natural ways to improve digestion, balance your body and mind, and enhance metabolic function.

BENEFITS OF A HEALTHY METABOLISM

- Improves digestion & nutrient absorption
- Helps maintain a healthy weight
- Boosts energy & reduces fatigue
- Supports detoxification & removes toxins
- Balances hormones naturally
- Enhances immunity & overall well-being
- Promotes clear skin & healthy mind

OUR HEALTHY METABOLISM PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti Assessment & Lifestyle Evaluation
- Diet & Nutrition Guidance
- Yoga, Pranayama & Meditation
- Herbal Support
- Regular Follow-up & Progress Care

EAT NATURAL • EAT SEASONAL • EAT SATTVIC

Whole Grains

Fresh Fruits & Vegetables

Legumes & Pulses

Healthy Fats (Nuts, Seeds)

Herbal Teas & & Spices

Choose light, warm, freshly cooked meals.
Avoid processed foods, heavy, oily & excessive sugar.

AYURVEDIC HERBS THAT SUPPORT METABOLISM

Triphala

Guggulu

Trikatu
(Ginger, Black Pepper, Pippali)

Gudmar
(Gymnema)

Jeera
(Cumin Seeds)

These herbs help improve digestion, boost metabolism, burn toxins and support overall wellness.

LIFESTYLE TIPS FOR A HEALTHY METABOLISM

- Wake Up Early
- Drink Warm Water
- Stay Active Daily
- Manage Stress
- Sleep on Time
- Eat Mindfully & Chew Well
- Follow Daily Routine (Dinacharya)

Small daily choices create a strong metabolism and a healthy life.

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ARTHRITIS MANAGEMENT

NATURAL CARE FOR PAIN-FREE MOVEMENT

Ayurveda offers a holistic and long-lasting approach to manage arthritis by addressing the root cause, reducing inflammation, nourishing joints and improving overall well-being.

Move Better. Live Better.
Age Gracefully.

WE ARE HERE TO CARE FOR YOU

OUR HOLISTIC ARTHRITIS MANAGEMENT PROGRAM

PERSONALIZED CONSULTATION

In-depth health assessment to understand the root cause

AUTHENTIC AYURVEDIC THERAPIES

Abhyanga, Janu Basti, Pizhichil and other therapies to reduce pain & stiffness

YOGA & PRANAYAMA

Gentle yoga and breathing practices to improve flexibility and mobility

AYURVEDIC NUTRITION & HERBAL SUPPORT

Anti-inflammatory diet and herbal remedies to nourish joints and reduce inflammation

STRESS MANAGEMENT & LIFESTYLE SUPPORT

Meditation, relaxation techniques and daily routines for overall well-being

ONGOING CARE & FOLLOW-UP

Regular follow-ups and guidance for long-term results and healthy living

BENEFITS OF AYURVEDIC ARTHRITIS MANAGEMENT

- Reduces Pain & Stiffness
- Improves Joint Mobility
- Enhances Strength & Flexibility
- Reduces Inflammation
- Supports Immunity
- Improves Sleep Quality
- Better Quality of Life

WHO CAN BENEFIT?

- Osteoarthritis
- Rheumatoid Arthritis
- Cervical & Lumbar Spondylosis
- Frozen Shoulder
- Sciatica
- Gout & Other Joint Disorders
- Age-related Joint Pain

START YOUR JOURNEY TO PAIN-FREE LIVING

Experience the healing touch of Ayurveda and regain your freedom to move and live life to the fullest.

NATURAL • SAFE • EFFECTIVE • HOLISTIC

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IMMUNE SYSTEM SUPPORT with Ayurveda

STRENGTHEN YOUR DEFENSES • LIVE HEALTHY • STAY PROTECTED •

Ayurveda offers natural and holistic ways to support your immune system and build resilience through balanced nutrition, herbal support, healthy lifestyle, yoga, pranayama and stress management.

BENEFITS OF IMMUNE SYSTEM SUPPORT

- Supports natural defense system
- Enhances immunity and resilience
- Helps fight against seasonal illnesses
- Improves digestion and nutrient absorption
- Reduces stress and inflammation
- Promotes healthy skin and vitality
- Supports overall health and well-being

OUR IMMUNE SUPPORT PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Diet & Nutrition Guidance
- Herbal Support
- Yoga & Pranayama
- Lifestyle Coaching & Follow-up

AYURVEDIC HERBS THAT SUPPORT IMMUNITY

Tulsi (Holy Basil) · Amla (Indian Gooseberry) · Guduchi (Giloy) · Turmeric (Haldi) · Ashwagandha (Indian Ginseng)

These powerful herbs help in detoxification, rejuvenation and building a strong immune system naturally.

IMMUNITY BOOSTING DIET

Fresh Fruits & Vegetables · Whole Grains & Millets · Nuts & Seeds · Healthy Fats (Ghee, Nuts) · Healthy Fats & Spices

Eat fresh, seasonal, sattvic and natural foods to nourish your body and strengthen immunity.

LIFESTYLE TIPS FOR A STRONG IMMUNITY

Early to Bed & Wake Up · Regular Exercise · Manage Stress · Stay Hydrated · Quality Sleep · Be Positive & Grateful

Small daily choices create a strong immune system and a healthy life.

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RESPIRATORY HEALTH with Ayurveda

BREATHE BETTER • LIVE BETTER

Ayurveda offers natural and holistic ways to support respiratory health, improve lung function and strengthen immunity through proper nutrition, herbal support, yoga, pranayama and healthy lifestyle choices.

BENEFITS OF RESPIRATORY HEALTH SUPPORT

- Supports healthy lung function
- Helps clear airways and improves breathing
- Supports immunity and natural defenses
- Reduces stress and promotes relaxation
- Helps manage seasonal discomfort
- Enhances energy levels and stamina
- Promotes overall well-being

OUR RESPIRATORY HEALTH PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Herbal Remedies & Natural Support
- Yoga, Pranayama & Meditation
- Diet & Nutrition Guidance
- Lifestyle Coaching & Follow-up

AYURVEDIC HERBS FOR RESPIRATORY WELLNESS

Tulsi (Holy Basil) · Vasaka (Adhatoda) · Ginger (Shunthi) · Turmeric (Haridra) · Pippali (Long Pepper)

These powerful herbs help in clearing airways, reducing inflammation and supporting healthy respiration.

AYURVEDIC DIET FOR RESPIRATORY HEALTH

- Warm & Nourishing Foods
- Soups & Herbal Broths
- Fruits Rich in Vitamin C
- Spices Like Turmeric, Black Pepper & Cumin
- Herbal Teas & Decoctions

Eat light, warm, fresh and sattvic foods.
Avoid cold, processed, oily, heavy and excess dairy foods.

LIFESTYLE TIPS FOR HEALTHY LUNGS

- Practice Pranayama Daily
- Stay Active Every Day
- Stay Hydrated
- Get Quality Sleep
- Manage Stress
- Avoid Smoke, Dust & Pollution

EFFECTIVE PRANAYAMA FOR RESPIRATORY HEALTH

Anulom Vilom · Bhramari · Kapalabhati · Deep Breathing

Regular practice of pranayama improves lung capacity, increases oxygen levels and calms the mind.

This program complements your medical care. It is not intended to diagnose, treat, cure or prevent any disease.
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SEASONAL WELLNESS with Ayurveda

Stay Healthy Through Every Season

Ayurveda teaches us to adapt our diet, lifestyle and daily routines according to seasonal changes.
This helps balance body and mind, boost immunity and maintain vibrant health all year round.

ADAPT
BALANCE
NOURISH
THRIVE

AYURVEDIC WISDOM FOR EVERY SEASON

SPRING
(Vasanta)

- Light, fresh & easily digestible foods
- Herbal detox
- Exercise & cleansing
- Clear the excess accumulated in winter

SUMMER
(Grishma)

- Cooling, hydrating & water-rich foods
- Stay hydrated
- Avoid overexertion
- Rest, relax & stay in shade

MONSOON
(Varsha)

- Warm, light & easy to digest foods
- Boost digestion
- Keep warm & dry
- Avoid raw & heavy foods

AUTUMN
(Sharad)

- Cooling, bitter & sweet foods
- Support liver health
- Stay hydrated
- Calm the body & mind

WINTER
(Hemanta / Shishira)

- Warm, nourishing & sattvic foods
- Keep body warm
- Abhyanga (oil massage)
- Build strength & immunity

BENEFITS OF SEASONAL WELLNESS

- Supports natural immunity
- Improves digestion & metabolism
- Enhances energy & vitality
- Prevents seasonal imbalances
- Promotes healthy skin & mood
- Supports overall well-being

OUR SEASONAL WELLNESS PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Ritucharya (Seasonal Routine) Guidance
- Diet & Nutrition as per Seasons
- Yoga, Pranayama & Meditation
- Herbal Support
- Lifestyle Coaching & Follow-up

DAILY LIFESTYLE TIPS

- Wake Up Early
- Drink Warm Water
- Stay Active Daily
- Eat Seasonal, Fresh & Sattvic Food
- Manage Stress
- Sleep on Time
- Be Grateful & Positive

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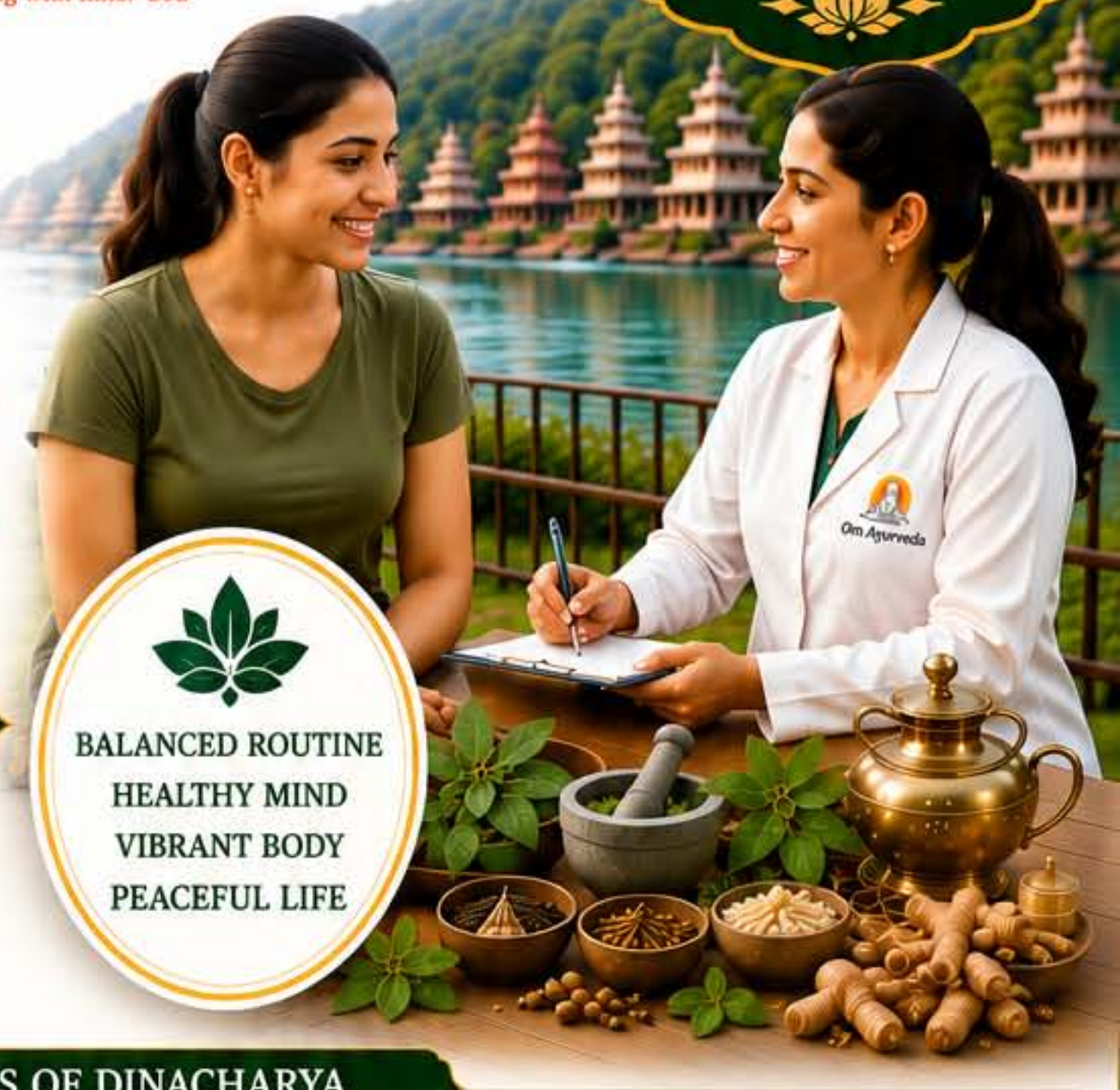
DAILY AYURVEDIC ROUTINE (DINACHARYA)

Build Healthy Habits Every Day

Ayurveda teaches that following a balanced daily routine (Dinacharya) supports harmony of body, mind and spirit, promotes good health and helps prevent imbalances.



BENEFITS OF DINACHARYA

- Boosts Immunity
- Improves Digestion
- Enhances Energy
- Reduces Stress
- Better Sleep
- Improves Mood
- Promotes Overall Well-being

YOUR IDEAL DAILY AYURVEDIC ROUTINE

WAKE UP EARLY

- Wake up before sunrise
- Offer gratitude and smile

CLEANSE & REFRESH

- Drink warm water
- Tongue cleaning
- Eliminate waste
- Nasal care (Anu Taila/Neti)

SELF CARE (ABHYANGA)

- Self oil massage
- Shower
- Apply natural skincare

YOGA & PRANAYAMA

- Yoga & stretching
- Pranayama
- Meditation

HEALTHY BREAKFAST

- Eat fresh, sattvic food
- Eat in peace
- Avoid overeating

WORK & PRODUCTIVITY

- Stay focused
- Take short breaks
- Drink warm water or herbal tea

EVENING ROUTINE

- Light exercise
- Spend time with family
- Early dinner

SLEEP WELL

- Avoid screens before bed
- Sleep before 10:00 pm

AYURVEDIC TIPS FOR A HEALTHY DAILY ROUTINE

- Drink warm water throughout the day
- Eat fresh, seasonal and natural foods
- Use natural herbal products for body care
- Practice mindfulness and gratitude
- Avoid smoking, alcohol and toxins
- Limit screen time and stay present
- Maintain a regular sleep schedule

OM AYURVEDA SERVICES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Dinacharya & Lifestyle Guidance
- Ayurvedic Diet & Nutrition Plans
- Yoga, Pranayama & Meditation
- Herbal Wellness & Natural Therapies
- Ongoing Support & Follow-up

LIVE IN HARMONY WITH NATURE. FOLLOW DINACHARYA, STAY HEALTHY, STAY HAPPY.

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SEASONAL AYURVEDIC ROUTINE (RITUCHARYA)

Live in Harmony with Nature

Ayurveda teaches us that each season has its own qualities. Adapting our diet, lifestyle and daily routine according to seasonal changes helps balance body, mind and spirit for a healthy and happy life.

RITUCHARYA – AYURVEDIC ROUTINE FOR EVERY SEASON

SPRING (Vasanta)

- Light, easy to digest food
- Herbal detox
- Exercise & cleansing
- Reduce sweets & dairy

SUMMER (Grishma)

- Cooling, hydrating foods
- Stay hydrated
- Avoid overexertion
- Rest in shade

MONSOON (Varsha)

- Warm, light & cooked food
- Boost digestion
- Keep warm & dry
- Avoid raw & heavy foods

AUTUMN (Sharad)

- Cooling, bitter & sweet foods
- Support liver health
- Stay hydrated
- Calm the body & mind

WINTER (Hemanta / Shishira)

- Warm, nourishing food
- Strengthen the body
- Abhyanga (oil massage)
- Build strength & immunity

BENEFITS OF RITUCHARYA

- Maintains natural balance of Doshas
- Improves digestion & metabolism
- Boosts immunity & energy
- Prevents seasonal imbalances
- Promotes overall well-being

OUR RITUCHARYA PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Ritucharya Guidance
- Diet & Nutrition as per Seasons
- Yoga, Pranayama & Meditation
- Herbal Support
- Lifestyle Coaching & Follow-up

AYURVEDIC TIPS FOR EVERY SEASON

- Eat Seasonal, Fresh & Sattvic Food
- Drink Warm Water
- Follow Daily Routine
- Exercise Regularly
- Practice Pranayama
- Meditate Daily
- Get Enough Sleep
- Stay Positive & Grateful

When you live in harmony with nature, you live in harmony with yourself.

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PERSONALIZED PRAKRITI ASSESSMENT

Discover Your Unique Ayurvedic Body Constitution

KNOW YOURSELF. BALANCE NATURALLY. LIVE WELL.

Ayurveda recognizes that every individual is unique. Prakriti is your natural body constitution, a combination of Vata, Pitta and Kapha doshas. Understanding your Prakriti helps you make the right choices for your diet, lifestyle, daily routine and overall well-being.

PERSONALIZED GUIDANCE FOR A HEALTHIER YOU

THE THREE DOSHAS – THE BASIS OF PRAKRITI

VATA
Air + Ether

Creative, energetic, enthusiastic

Prone to dryness, anxiety, irregularity

Qualities: Light, Cold, Dry, Mobile, Subtle

PITTA
Fire + Water

Intelligent, focused, determined

Prone to acidity, irritation, inflammation

Qualities: Hot, Sharp, Light, Oily, Liquid

KAPHA
Water + Earth

Calm, steady, loving, supportive

Prone to weight gain, lethargy, congestion

Qualities: Heavy, Slow, Cold, Oily, Smooth

BENEFITS OF KNOWING YOUR PRAKRITI

- Helps you understand your body and mind better
- Guides your diet and lifestyle choices
- Improves digestion and metabolism
- Enhances immunity and energy
- Helps prevent imbalances
- Promotes long-term health and well-being

OUR PRAKRITI ASSESSMENT INCLUDES

- In-depth Ayurvedic Consultation
- Prakriti (Body Constitution) Analysis
- Physical, Mental & Emotional Assessment
- Lifestyle, Diet & Habits Evaluation
- Dosha Balance Assessment
- Personalized Wellness Recommendations

YOUR PERSONALIZED WELLNESS PLAN INCLUDES

- Diet & Nutrition Guidance
- Daily Routine (Dinacharya)
- Seasonal Routine (Ritucharya)
- Yoga & Exercise
- Pranayama & Meditation
- Herbal & Lifestyle Guidance

WHO CAN BENEFIT?

- Anyone seeking a natural, healthy lifestyle
- Those facing recurring health imbalances
- People who want personalized diet & lifestyle guidance
- Individuals looking to improve energy, immunity and overall wellness

OUR AYURVEDIC APPROACH

We combine ancient Ayurvedic wisdom with modern understanding to help you live a balanced, healthy and meaningful life in harmony with nature.

- Natural Healing
- Holistic Wellness
- Authentic Ayurveda
- Compassionate Care

DISCOVER YOUR PRAKRITI. FOLLOW THE RIGHT PATH. EXPERIENCE THE TRUE BENEFITS OF AYURVEDA.

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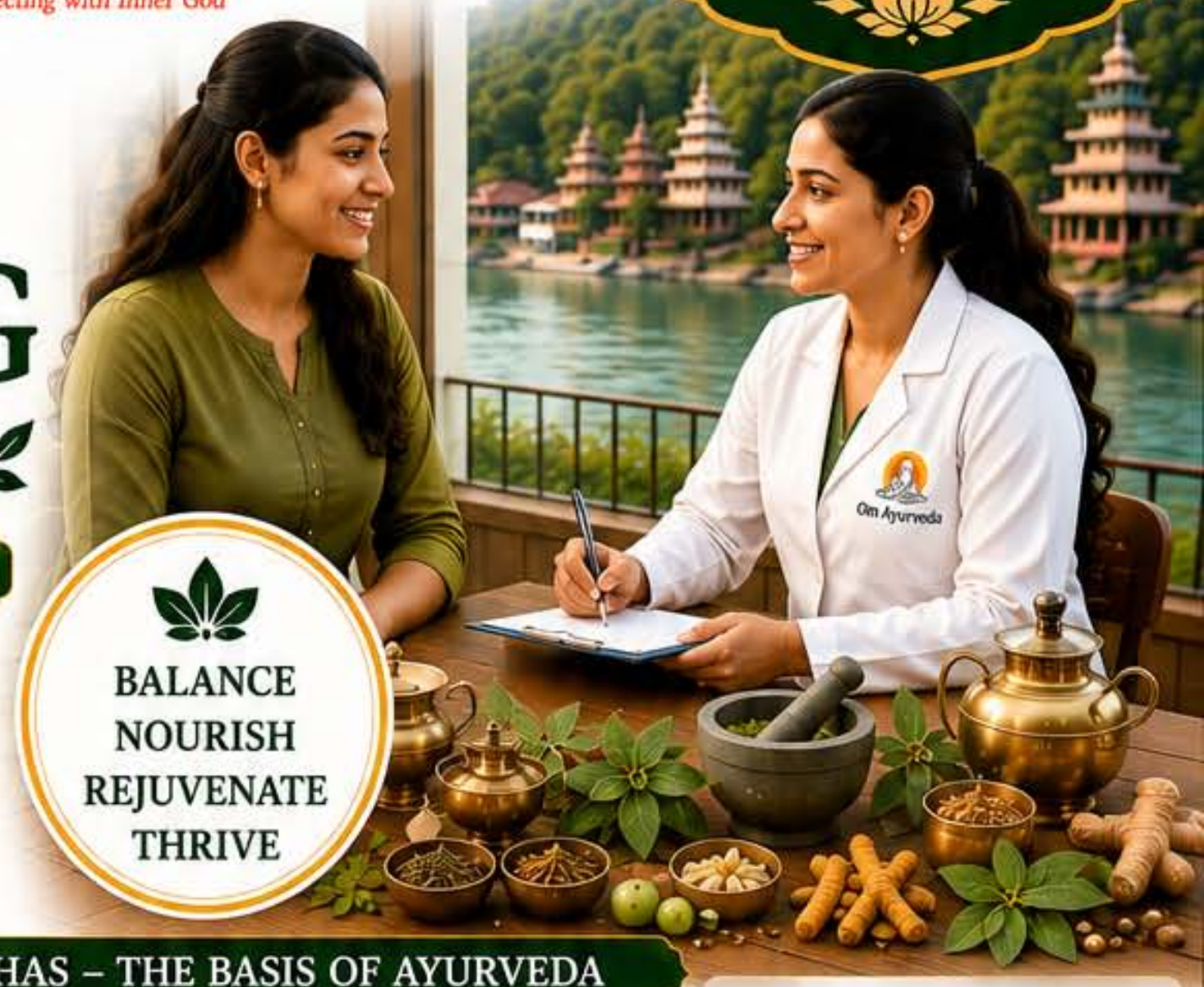
DOSHA BALANCING
WITH AYURVEDA

Restore Natural Balance & Well-Being

Ayurveda teaches that Vata, Pitta and Kapha – the three doshas – govern every individual. When they are in harmony, we experience vibrant health, energy and inner peace.



BALANCE
NOURISH
REJUVENATE
THRIVE

THE THREE DOSHAS – THE BASIS OF AYURVEDA

VATA
(Air & Ether)

Qualities: Light, Dry, Cold, Mobile, Subtle, Clear

When imbalanced:
Anxiety, Dryness, Constipation, Insomnia, Joint pain

Warm Food | Abhyanga | Routine | Rest

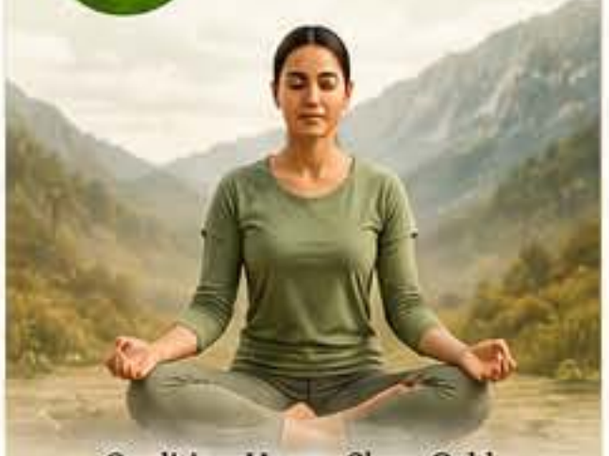
PITTA
(Fire & Water)

Qualities: Hot, Sharp, Light, Oily, Liquid, Spreading

When imbalanced:
Acidity, Irritation, Inflammation, Skin issues, Anger

Cooling Food | Herbal Drinks | Relaxation | Moderation

KAPHA
(Earth & Water)



Qualities: Heavy, Slow, Cold, Oily, Smooth, Stable, Soft

When imbalanced:
Lethargy, Weight gain, Congestion, Attachment, Low energy

Light Food | Exercise | Warmth | Stimulation

BENEFITS OF DOSHA BALANCING

- Restores natural harmony of Vata, Pitta & Kapha
- Improves digestion & metabolism
- Enhances energy & immunity
- Promotes mental clarity & emotional balance
- Supports healthy skin, sleep & overall well-being
- Helps prevent imbalances & lifestyle disorders
- Promotes long-term vitality & happiness

OUR DOSHA BALANCING PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Dosha Imbalance Analysis
- Diet & Nutrition Plan
- Dinacharya (Daily Routine) Guidance
- Ritucharya (Seasonal Routine) Guidance
- Yoga & Exercise Recommendations
- Pranayama & Meditation Guidance
- Herbal & Natural Therapy Guidance
- Follow-up & Continuous Support

BALANCED DOSHAS, BALANCED LIFE

Eat Right • Live Right • Think Right

Discover authentic Ayurveda and experience natural balance in the peaceful surroundings of Rishikesh.

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HERBAL HOME REMEDIES WITH AYURVEDA

NATURAL SOLUTIONS FOR EVERYDAY WELLNESS

Ayurveda offers simple, effective and natural herbal remedies using traditional wisdom and the goodness of nature to support overall well-being and healthy living.

TRADITIONAL WISDOM
NATURAL HEALING
HOLISTIC WELLNESS

POWERFUL HERBS FOR EVERYDAY LIFE

TULSI (Holy Basil)

Supports immunity, relieves stress and promotes overall well-being.

TURMERIC (Haldi)

Natural anti-inflammatory and supports healthy digestion.

GINGER (Adrak)

Aids digestion, relieves nausea and supports respiratory wellness.

AMLA (Indian Gooseberry)

Rich in Vitamin C, supports immunity and healthy skin & hair.

CINNAMON (Dalchini)

Supports healthy blood sugar and aids digestion.

CUMIN (Jeera)

Improves digestion, reduces bloating and supports metabolism.

CORIANDER (Dhania)

Cooling in nature, supports digestion and detoxification.

FENNEL (Saunf)

Aids digestion, freshens breath and calms the mind.

BLACK PEPPER (Kali Mirch)

Boosts digestion, enhances immunity and improves absorption.

SIMPLE HERBAL PRACTICES FOR A HEALTHY LIFE

HERBAL TEAS
Drink herbal teas like Tulsi, Ginger, Cinnamon and Fennel daily.

TURMERIC MILK
Warm turmeric milk at night supports better sleep and immunity.

STEAM INHALATION
Herbal steam helps clear congestion and supports respiratory wellness.

OIL MASSAGE (ABHYANGA)
Regular self-oil massage nourishes the body and mind.

YOGA & PRANAYAMA
Daily practice supports flexibility, energy and balance.

EAT FRESH, EAT SEASONAL
Choose fresh, seasonal, sattvic foods for strong health.

SOUND SLEEP
Early to bed and early to rise keeps the body and mind refreshed.

OUR PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Herbal Home Remedy Guidance
- Diet & Nutrition Advice
- Yoga, Pranayama & Meditation
- Lifestyle & Daily Routine Guidance
- Seasonal Routine (Ritucharya) Guidance
- Follow-up & Ongoing Support

"Nature has the best solutions. Let Ayurveda guide you to holistic wellness."

BENEFITS OF HERBAL HOME REMEDIES

- Strengthen immunity naturally
- Support digestion & detoxification
- Reduce stress & promote relaxation
- Improve energy & vitality
- Support healthy skin, hair & body
- Promote long-term wellness

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SAFE AYURVEDIC SELF-CARE

DAILY WELLNESS THROUGH HEALTHY HABITS

Small Daily Choices, Lasting Wellness

Ayurveda teaches us that self-care is not selfish, it is essential. By following simple daily routines, eating right, managing stress and staying connected with nature, we can support our body, mind and spirit for a healthy and happy life.

DAILY SELF-CARE ESSENTIALS

MORNING ROUTINE
Start your day with warm water, tongue cleaning and gratitude.

SELF OIL MASSAGE
Abhyanga nourishes the skin, calms the nervous system and promotes relaxation.

HERBAL WELLNESS
Use traditional herbs like Tulsi, Ginger, Turmeric and Amla for daily wellness.

NUTRITION
Eat fresh, seasonal, sattvic meals that nourish your body and mind.

YOGA & PRANAYAMA
Daily yoga and breathing practices improve energy, focus and balance.

MEDITATION
Meditation calms the mind, reduces stress and brings inner peace.

SLEEP WELL
Good sleep is the foundation of health, healing and happiness.

STAY CONNECTED WITH NATURE
Spend time in nature, breathe fresh air and embrace the healing power of natural surroundings.

BENEFITS OF SAFE AYURVEDIC SELF-CARE

- Boosts immunity and energy
- Improves digestion and metabolism
- Reduces stress and anxiety
- Promotes healthy skin and hair
- Supports better sleep and relaxation
- Enhances focus and mental clarity
- Encourages long-term well-being

OUR SELF-CARE PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Daily Routine (Dinacharya) Guidance
- Seasonal Routine (Ritucharya) Guidance
- Nutrition & Lifestyle Guidance
- Herbal Wellness Education
- Yoga & Exercise Guidance
- Pranayama Guidance
- Meditation & Stress Management
- Follow-up & Continuous Support

CARE FOR YOURSELF TODAY, FOR A HEALTHIER TOMORROW

Safe Practices · Natural Healing · Ancient Wisdom · Modern Lifestyle · Holistic Wellness

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PANCHAKARMA AWARENESS

AUTHENTIC AYURVEDIC CLEANSING & REJUVENATION

Detoxify • Rejuvenate • Rebalance
For a Healthier, Happier You

Panchakarma is a classical Ayurvedic system of therapies that helps to cleanse the body of toxins, balance the doshas and promote overall well-being. It is a deeply purifying and rejuvenating experience for body, mind and spirit.

THE PANCHAKARMA THERAPIES

ABHYANGA
(Herbal Oil Massage)

Nourishes the body, improves circulation and promotes relaxation.

SWEDANA
(Herbal Steam)

Promotes sweating, opens channels and helps eliminate toxins.

SHIRODHARA
(Warm Oil Therapy)

Calms the mind, reduces stress and promotes mental clarity.

NASYA
(Nasal Therapy)

Clears the head channels, improves breathing and supports sense organs.

BASTI
(Medicated Enema)

Supports colon health, balances Vata dosha and eliminates deep toxins.

A HOLISTIC HEALING EXPERIENCE

SATTVIC DIET
Nourishing, easy to digest meals

YOGA
Strengthen body and mind

PRANAYAMA
Improve breath, energy and focus

MEDITATION
Calm the mind, reduce stress

VEDIC CHANTING
Sacred mantras for inner peace

HERBAL CARE
Natural herbs for healing & balance

NATURE & REST
Rejuvenate in the lap of nature

BENEFITS OF PANCHAKARMA

- Helps in detoxification and toxin elimination
- Balances Vata, Pitta and Kapha doshas
- Improves digestion and metabolism
- Enhances immunity and energy
- Promotes mental clarity and better sleep
- Rejuvenates body, mind and spirit
- Supports long-term health and wellness

OUR PANCHAKARMA PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Dosha & Prakriti Assessment
- Customized Panchakarma Plan
- All Panchakarma Therapies
- Yoga, Pranayama & Meditation
- Sattvic Diet & Lifestyle Guidance
- Post Therapy Care & Follow-up

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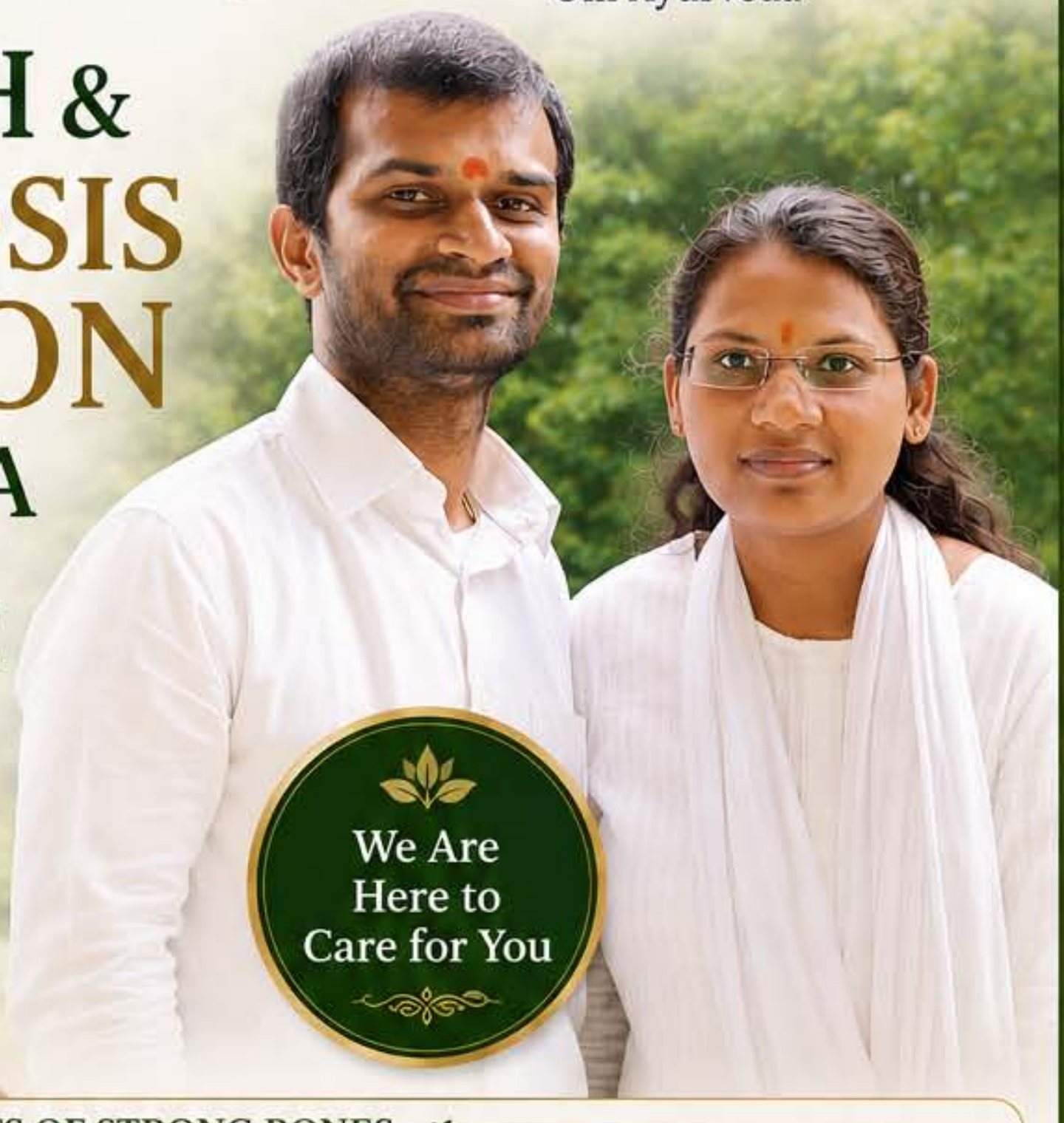
BONE HEALTH & OSTEOPOROSIS PREVENTION WITH AYURVEDA



STRONG BONES • STRONG LIFE

Ayurveda offers a natural and holistic approach to build stronger bones, improve bone density, enhance balance and posture, and support a healthy, active and independent life.

BENEFITS OF STRONG BONES

- Improves Bone Density
- Enhances Strength & Flexibility
- Better Balance & Posture
- Reduces Risk of Fractures
- Supports Joint Health
- Promotes Active Aging
- Improves Overall Well-being

OUR AYURVEDIC APPROACH

Personalized Consultation
Understand your unique constitution and bone health needs

Ayurvedic Nutrition
Calcium-rich, sattvic diet to nourish and strengthen bones

Herbal Support
Powerful Ayurvedic herbs that support bone density and strength

Panchakarma Therapies
Detoxify, rejuvenate and support overall bone & joint health

Yoga & Exercise
Weight-bearing exercises, yoga & pranayama to improve strength, balance and mobility

Lifestyle Guidance
Daily routines, posture correction, sunlight exposure & stress management

BONE-FRIENDLY LIFESTYLE TIPS

Daily sunlight exposure
10–20 minutes in the morning

Calcium & mineral-rich foods
Sesame seeds, ragi, leafy greens, almonds, figs, milk (if suitable)

Stay active
Regular walking, yoga and strength training

Avoid bone-depleting habits
Excess caffeine, smoking, alcohol

Regular health check-ups
Monitor bone density and overall health

IDEAL FOR

Seniors

Post-Menopausal Women

Sedentary Lifestyle

Low Bone Density

Active & Healthy Aging

BUILD STRONG BONES
FOR A BETTER TOMORROW
NATURAL • SAFE • HOLISTIC

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GENTLE DETOX PROGRAMS

REFRESH • RESTORE • REJUVENATE

NATURAL DETOX. HOLISTIC WELLNESS. HEALTHY YOU.

Our Gentle Detox Programs are designed to help your body and mind eliminate toxins, improve digestion, boost energy and promote overall well-being in a safe, natural and sustainable way.

CLEANSE
NOURISH
BALANCE
HEAL

EXPERIENCE HOLISTIC DETOXIFICATION

Ayurvedic Consultation

Personalized assessment of your body constitution (Prakriti) and health goals to create your unique detox plan.

Healthy Nutrition

Sattvic, seasonal and easy-to-digest meals to support natural cleansing and rejuvenation.

Herbal Wellness

Healing herbs and detox drinks that support digestion, metabolism and elimination.

Yoga & Pranayama

Gentle yoga and breathing practices to improve energy, oxygenation and mental clarity.

Abhyanga & Swedana

Therapeutic herbal oil massage and steam therapy to open channels and release toxins.

Meditation & Relaxation

Meditation and relaxation techniques to reduce stress and restore emotional balance and peace.

Nature & Mindfulness

Reconnect with nature through peaceful walks, river meditation and mindful living.

OUR GENTLE DETOX PROGRAM INCLUDES

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Assessment
- Individualized Detox Plan
- Sattvic Diet & Nutrition Guidance
- Herbal Detox Drinks & Teas
- Abhyanga (Herbal Oil Massage)
- Swedana (Herbal Steam Therapy)
- Yoga & Pranayama Sessions
- Meditation & Stress Management
- Daily Routine (Dinacharya) Guidance
- Lifestyle & Sleep Coaching
- Follow-up & Post Detox Care

BENEFITS OF GENTLE DETOX

- Supports natural detoxification
- Improves digestion & metabolism
- Boosts energy & vitality
- Enhances immunity
- Promotes healthy skin
- Reduces stress & mental fatigue
- Improves sleep quality
- Supports weight management
- Restores balance & overall well-being

Natural Healing
Holistic Wellness
Authentic Ayurveda
Experienced Therapists
Peaceful Environment
Personalized Care

DETOX YOUR BODY. CALM YOUR MIND. ELEVATE YOUR LIFE.

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FOOT MASSAGE FOR SENIORS

GENTLE CARE • COMFORT • RELAXATION

A gentle Ayurvedic foot massage can help promote relaxation, improve comfort and support overall well-being in seniors.

- RELIEVES TIREDNESS
- IMPROVES COMFORT
- SUPPORTS CIRCULATION
- PROMOTES RELAXATION

COMPASSIONATE CARE. HEALTHY FEET. HAPPY LIVING.

OUR AYURVEDIC FOOT MASSAGE INCLUDES

Warm Herbal Oils
Nourishing and soothing touch.

Gentle Massage
Relaxes muscles and eases daily stress.

Pressure Point Care
Supports natural energy flow.

Warm Towel Therapy
Calms and refreshes.

Herbal Tea & Relaxation
Rejuvenates body and mind.

BENEFITS FOR SENIORS

- Promotes relaxation & better sleep
- Helps reduce foot pain & stiffness
- Improves blood circulation
- Relieves stress & anxiety
- Supports mobility & flexibility
- Encourages overall well-being
- Enhances quality of life

A HOLISTIC APPROACH TO SENIOR WELLNESS

Personalized Ayurvedic Consultation

Yoga for Seniors

Pranayama & Meditation

Healthy Nutrition

Daily Routine Guidance

SAFETY FIRST
Foot massage may not be suitable for everyone. Please inform our therapists about any medical condition. We customize each session according to individual needs and comfort.

This program is not intended to diagnose, treat, cure or prevent any disease. It complements but does not replace professional medical care.

+91 7904218828
+91 9405225604
www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

Om Ayurveda

AUTHENTIC AYURVEDA
HOLISTIC CARE, NATURAL HEALING

RISHIKESH
THE WORLD CAPITAL OF YOGA & AYURVEDA

AUTHENTIC AYURVEDA • HOLISTIC CARE • NATURAL HEALING

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HEAD MASSAGE BENEFITS

RELAX • REFRESH • REJUVENATE

A traditional Ayurvedic head massage using warm herbal oils and gentle techniques helps promote relaxation, relieve stress, improve scalp health and support overall well-being.

RELAXES MIND | REDUCES STRESS | IMPROVES SLEEP | NOURISHES SCALP & HAIR | ENHANCES FOCUS

HOW AYURVEDIC HEAD MASSAGE WORKS

NOURISHING OILS
Herbal oils penetrate the scalp and nourish hair roots and nerves.

GENTLE MASSAGE
Soothes the scalp, releases tension and promotes relaxation.

BETTER CIRCULATION
Improves blood flow to the scalp and supports healthy hair growth.

CALMS THE MIND
Helps reduce stress, anxiety and mental fatigue.

DEEP RELAXATION
Promotes deep relaxation and improves sleep quality.

KEY BENEFITS

- Relaxes the mind and body
- Reduces stress and anxiety
- Improves sleep quality
- Relieves headache and mental tiredness
- Nourishes scalp and strengthens hair
- Improves concentration and memory
- Balances Vata and Pitta dosha
- Enhances overall well-being

BEST TIME FOR HEAD MASSAGE

Morning
Before bath

Evening
Before sleep

FREQUENCY
2 – 3 times a week or as advised by Ayurvedic expert

OILS ACCORDING TO YOUR NEED

Brahmi Oil
Calms mind, reduces stress & anxiety

Bhringraj Oil
Nourishes scalp, helps in hair growth

Coconut Oil
Cooling & soothing for scalp

BEST FOR

- Students & Working Professionals
- People with Stress & Anxiety
- Hair Fall & Scalp Problems
- Insomnia & Poor Sleep
- Elderly for Relaxation
- Anyone Seeking Natural Wellness

COMBINE WITH YOGA • PRANAYAMA • MEDITATION • VEDIC MANTRA CHANTING • FOR COMPLETE MIND-BODY WELLNESS

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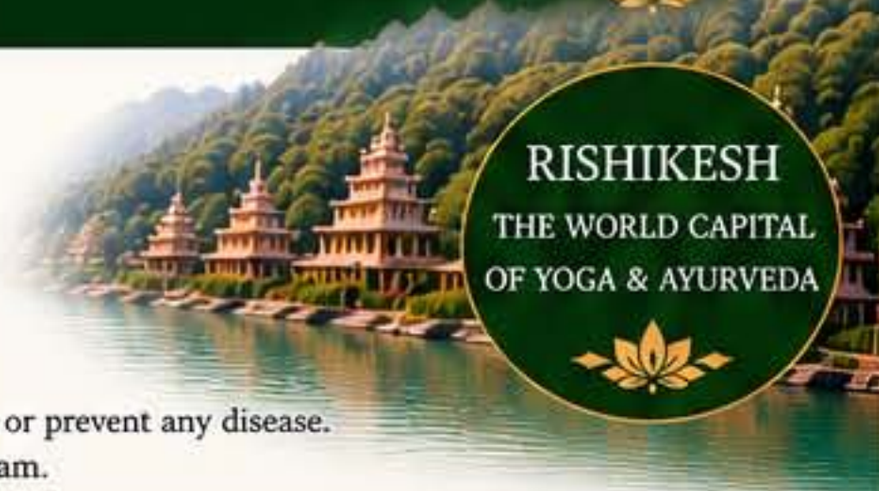

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HERBAL STEAM THERAPY

GENTLE AYURVEDIC WARMTH FOR RELAXATION & WELLNESS

Herbal Steam Therapy (Swedana) is a traditional Ayurvedic therapy that uses medicated steam to promote relaxation, support circulation and prepare the body for deeper healing.

- RELAXES BODY & MIND
- SUPPORTS RESPIRATION
- IMPROVES CIRCULATION
- AIDS IN DETOXIFICATION
- PROMOTES WELL-BEING

EXPERIENCE AUTHENTIC AYURVEDA IN THE PEACEFUL SURROUNDINGS OF RISHIKESH

HOW HERBAL STEAM THERAPY WORKS

1. **MEDICATED HERBS** — Selected Ayurvedic herbs are boiled to create healing steam.

2. **STEAM GENERATION** — The steam is directed into the specially designed chamber.

3. **STEAM THERAPY** — Warm herbal steam helps relax muscles, open pores and promote sweating.

4. **RELAX & RESTORE** — The body feels light, refreshed and revitalized.

5. **FOLLOW-UP CARE** — Hydration, herbal tea and light diet enhance the therapy benefits.

KEY BENEFITS

- Promotes deep relaxation
- Supports healthy circulation
- Helps relieve stiffness and tension
- Opens pores & aids in detoxification
- Supports respiratory comfort
- Improves skin health
- Enhances energy and vitality
- Prepares body for deeper therapies
- Supports overall wellness

WHO CAN BENEFIT?

- People with stress & fatigue
- Stiff muscles & body ache
- Poor circulation & cold hands/feet
- Detox & wellness seekers
- Those undergoing Panchakarma therapies

IDEAL BEFORE AYURVEDIC THERAPIES

- Abhyanga (Oil Massage)
- Panchakarma Procedures
- Pain Relief Therapies
- Rejuvenation Therapies

WHAT TO EXPECT

- Warm & soothing herbal steam
- Comfortable & private setup
- Guided by experienced therapists
- Safe, natural & holistic

Personalized Consultation | Yoga & Pranayama | Meditation & Relaxation | Vedic Mantra Chanting | Sattvic Food & Lifestyle Guidance

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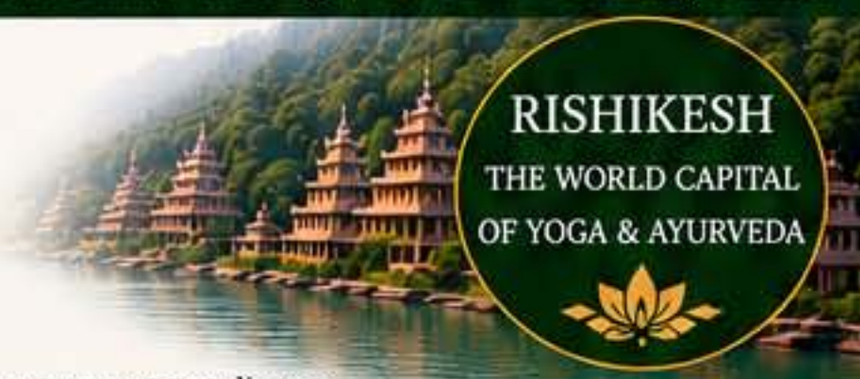

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PAIN RELIEF THERAPIES

NATURAL RELIEF • BETTER MOVEMENT
HOLISTIC WELLNESS

Our personalized Ayurvedic therapies help relieve pain, reduce inflammation, improve mobility and enhance quality of life naturally.

RELIEVES PAIN · IMPROVES MOBILITY · RELAXES BODY & MIND · REDUCES INFLAMMATION · ENHANCES WELL-BEING

OUR EFFECTIVE PAIN RELIEF THERAPIES

ABHYANGA
(Herbal Oil Massage)
Helps reduce pain, improves circulation and relaxes muscles.

KATI BASTI
(Lower Back Therapy)
Nourishes muscles, relieves lower back pain and stiffness.

GREEVA BASTI
(Neck Therapy)
Relieves neck pain, improves flexibility and reduces tension.

JANU BASTI
(Knee Therapy)
Lubricates joints, relieves knee pain and improves movement.

SWEDANA
(Herbal Steam Therapy)
Relaxes muscles, reduces stiffness and improves blood circulation.

KEY BENEFITS

- Relieves chronic pain naturally
- Reduces inflammation and swelling
- Improves flexibility and joint function
- Strengthens muscles and bones
- Enhances blood circulation
- Supports nervous system health
- Reduces stress and promotes relaxation
- Improves sleep quality
- Enhances overall quality of life

A HOLISTIC APPROACH TO HEALING

Personalized Ayurvedic Consultation + Therapeutic Treatments + Yoga & Pranayama + Healthy Nutrition + Meditation & Relaxation + Lifestyle Guidance

WHO CAN BENEFIT?

- People with Back, Neck, Shoulder or Knee Pain
- Arthritis & Joint Stiffness
- Sports Injuries
- Muscle Spasms & Stiffness
- Sedentary Lifestyle Discomfort
- Stress Related Pain

EXPERIENCE HEALING IN RISHIKESH

Peaceful Environment
Experienced Therapists
Authentic Ayurveda

AYURVEDIC CARE INCLUDES

- Ayurvedic Herbal Medicines
- Diet & Nutrition Guidance
- Yoga & Pranayama
- Vedic Mantra Chanting
- Detox & Rejuvenation Therapies
- Follow-up & Support

> Ayurveda treats the root cause, not just the symptoms – for a long lasting and natural relief.

SAFETY FIRST

All therapies are customized as per individual health condition after consultation with our Ayurvedic experts.

YOUR WELLNESS JOURNEY STARTS HERE
Natural Relief • Holistic Healing • Healthy Living

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NATURAL INFLAMMATION MANAGEMENT

BALANCE • COMFORT • WELLNESS

Ayurveda offers a holistic and natural approach to manage inflammation by addressing the root cause, balancing the body, mind and lifestyle.

- REDUCES INFLAMMATION
- SUPPORTS JOINT HEALTH
- IMPROVES MOBILITY
- STRENGTHENS IMMUNITY
- PROMOTES OVERALL WELL-BEING

AUTHENTIC AYURVEDA • NATURAL HEALING • HEALTHY LIVING

AYURVEDIC THERAPIES TO REDUCE INFLAMMATION

ABHYANGA
Herbal oil massage reduces pain, improves circulation and calms inflammation.

SWEDANA
Herbal steam therapy helps reduce stiffness, improves flexibility and detoxifies the body.

KATI BASTI
Nourishes lower back, relaxes muscles and reduces chronic inflammation.

LEPAM
Herbal medicated paste helps reduce swelling, pain and local inflammation.

ANTI-INFLAMMATORY FOODS & HERBS

TURMERIC · GINGER · AMLA · TULSI

ASHWAGANDHA · GUDUCHI · MORINGA · FLAX SEEDS

NOURISH YOUR BODY • HEAL FROM WITHIN

KEY BENEFITS

- Reduces inflammation naturally
- Supports healthy joints & muscles
- Relieves pain & stiffness
- Supports digestion & gut health
- Strengthens immunity
- Improves energy & vitality
- Promotes better sleep
- Enhances overall well-being

HOLISTIC APPROACH

Personalized Ayurvedic Consultation + Ayurvedic Therapies + Healthy Nutrition + Yoga & Pranayama + Meditation & Relaxation

A COMPLETE APPROACH TO LONG-TERM WELLNESS

DAILY HABITS FOR INFLAMMATION BALANCE

- Eat fresh, seasonal, whole foods
- Stay hydrated
- Practice yoga & gentle exercise
- Manage stress effectively
- Sleep early and wake up refreshed
- Follow a balanced daily routine

WHO CAN BENEFIT?

- People with joint pain & stiffness
- Arthritis & auto-immune conditions
- Frequent body pain & swelling
- Sports injuries
- Sedentary lifestyle discomfort
- Stress related inflammation

- SACRED VEDIC MANTRA CHANTING
- EXPERT AYURVEDIC DOCTORS
- PURE HERBAL WELLNESS
- PEACEFUL ENVIRONMENT RISHIKESH
- SATTVIC FOOD & LIFESTYLE GUIDANCE

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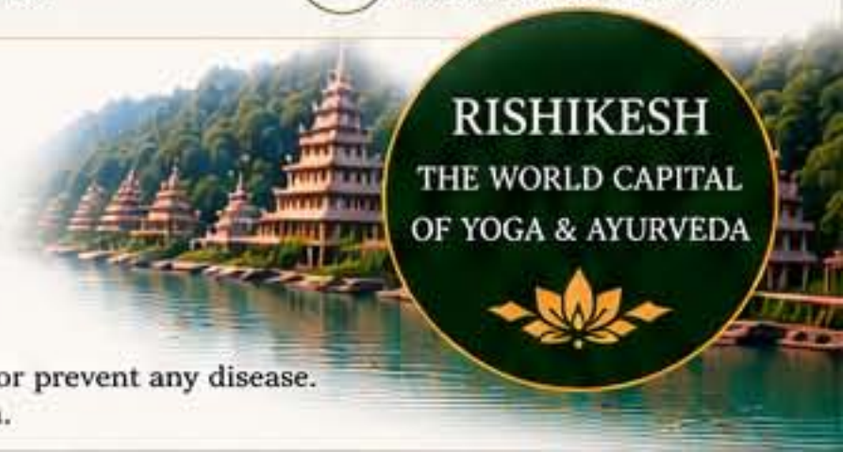

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HEALTHY SKIN CARE

NATURAL GLOW • HEALTHY SKIN • HOLISTIC WELLNESS

Ayurveda believes that beautiful skin is a reflection of inner balance. Our holistic skin care approach nourishes your skin naturally and helps you glow with confidence.

- NOURISHES SKIN
- DETOXIFIES NATURALLY
- ENHANCES NATURAL GLOW
- PROTECTS & REJUVENATES
- PROMOTES OVERALL WELL-BEING

AYURVEDIC SKIN CARE FOR EVERY SEASON

AYURVEDIC SKIN CARE BENEFITS

- Improves skin texture and tone
- Nourishes and hydrates skin
- Helps reduce acne and blemishes
- Supports natural glow and radiance
- Helps delay signs of aging
- Protects from environmental damage
- Supports healthy, clear and vibrant skin

POWER OF AYURVEDIC INGREDIENTS

ALOE VERA
Hydrates & soothes the skin

TURMERIC
Reduces inflammation & brightens skin

SANDALWOOD
Cools & calms the skin

NEEM
Purifies & helps fight acne

AMLA
Rich in Vitamin C, promotes radiance

ROSE
Soothes & tones the skin

SAFFRON
Enhances natural glow

COCONUT OIL
Moisturizes & nourishes skin

A HOLISTIC APPROACH TO HEALTHY SKIN

Personalized Ayurvedic Consultation + Healthy Nutrition + Herbal Skin Care + Yoga & Pranayama + Meditation & Relaxation + Healthy Sleep & Stress Management

BALANCED LIFESTYLE • MINDFUL HABITS • INNER PEACE • NATURAL BEAUTY

AYURVEDIC THERAPIES FOR HEALTHY SKIN

ABHYANGA
(Herbal Oil Massage)
Nourishes skin & improves circulation

LEPAM
(Herbal Face Pack)
Deep cleansing & nourishing

STEAM THERAPY
(Swedana)
Opens pores & detoxifies skin

DAILY SKIN CARE TIPS

- Drink plenty of warm water
- Eat fresh, seasonal & sattvic food
- Cleanse, tone & moisturize naturally
- Protect skin from harsh sun & pollution
- Get enough sleep & manage stress
- Practice yoga & facial exercises

WHO CAN BENEFIT?

- Acne & blemish prone skin
- Dry, dull & dehydrated skin
- Sensitive & irritated skin
- Early signs of aging
- Pigmentation & uneven skin tone
- Anyone seeking natural glow

EXPERIENCE AUTHENTIC AYURVEDA IN RISHIKESH

- Experienced Ayurvedic Doctors
- Natural & Herbal Skin Care
- Personalized Treatments
- Peaceful Environment
- Holistic & Safe Approach

AYURVEDIC CONSULTATION • HERBAL SKIN CARE • YOGA & PRANAYAMA • MEDITATION • VEDIC MANTRA CHANTING

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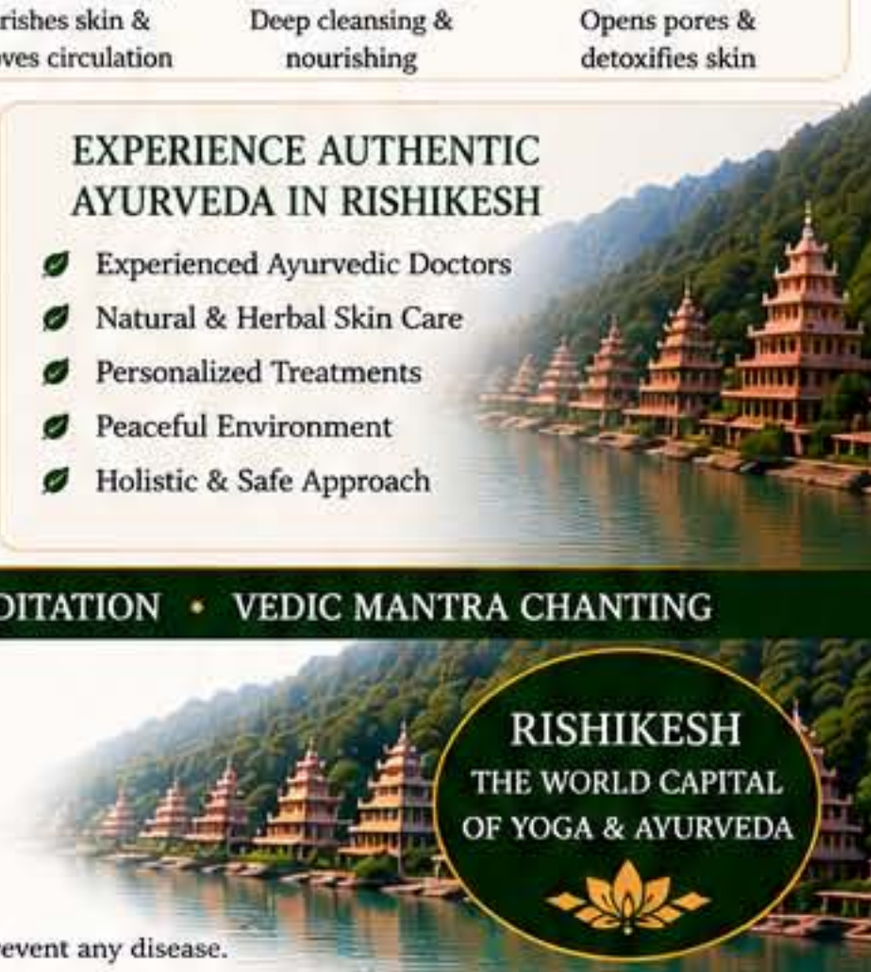

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HAIR CARE FOR SENIORS

HEALTHY HAIR • HEALTHY SCALP • HEALTHY LIVING

Ayurveda believes that healthy hair is a reflection of inner balance and overall well-being. Our personalized Ayurvedic hair care for seniors nourishes the scalp, strengthens hair and supports graceful aging naturally.

- STRENGTHENS HAIR
- NOURISHES SCALP
- PROMOTES HAIR GROWTH
- REDUCES HAIR FALL
- RELAXES MIND, REDUCES STRESS

AYURVEDIC BENEFITS

- Nourishes hair roots and scalp
- Helps reduce hair fall
- Promotes healthy and stronger hair
- Improves scalp circulation
- Reduces dryness, dandruff & irritation
- Supports natural hair color
- Relaxes mind and improves sleep
- Supports overall well-being

POWER OF AYURVEDIC HERBS

BHRINGRAJ
Strengthens hair and promotes growth

AMLA
Rich in Vitamin C, nourishes and rejuvenates

BRAHMI
Improves scalp health and reduces stress

NEEM
Purifies scalp and helps reduce dandruff

HIBISCUS
Strengthens hair and adds natural shine

COCONUT OIL
Deeply nourishes and moisturizes

SESAME OIL
Improves scalp circulation and nourishes

AYURVEDIC THERAPIES FOR HAIR & SCALP

SHIRO ABHYANGA
(Head Massage)
Nourishing herbal oil massage for scalp relaxation and hair strength.

HERBAL STEAM
(Swedana)
Opens scalp pores, detoxifies and promotes absorption of herbal oils.

HERBAL HAIR PACK
(Lepam)
Natural herbal packs nourish the scalp, reduce dryness and promote healthy hair.

A HOLISTIC APPROACH FOR HEALTHY HAIR

Personalized Ayurvedic Consultation + Herbal Hair Care & Oils + Yoga & Pranayama + Meditation & Stress Management + Healthy Nutrition + Good Sleep & Daily Routine

WHO CAN BENEFIT?

- Seniors experiencing hair fall or thinning
- Dry, itchy or dandruff prone scalp
- Premature graying of hair
- Stress related hair problems
- All seniors who wish to maintain healthy hair naturally

AUTHENTIC AYURVEDA • NATURAL CARE • LASTING RESULTS

- EXPERIENCED AYURVEDIC DOCTORS
- NATURAL & HERBAL INGREDIENTS
- PERSONALIZED TREATMENTS
- PEACEFUL ENVIRONMENT
- HOLISTIC WELLNESS
- SAFE & GENTLE CARE

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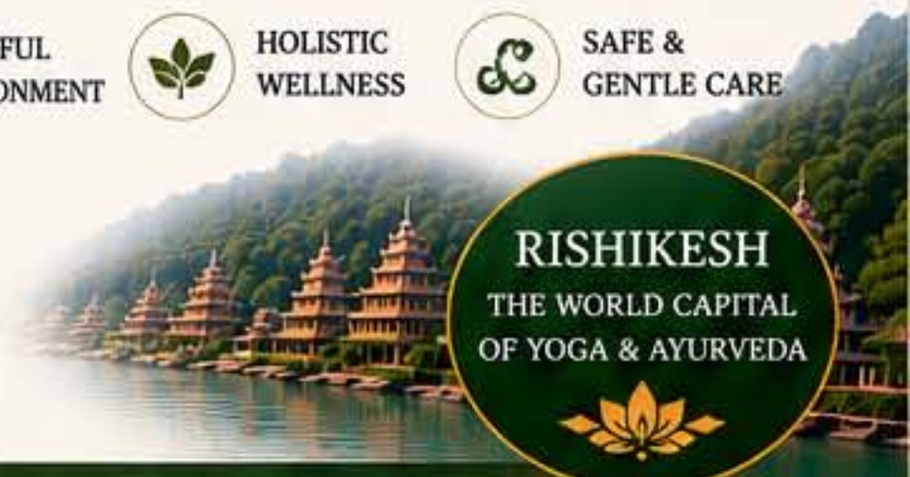

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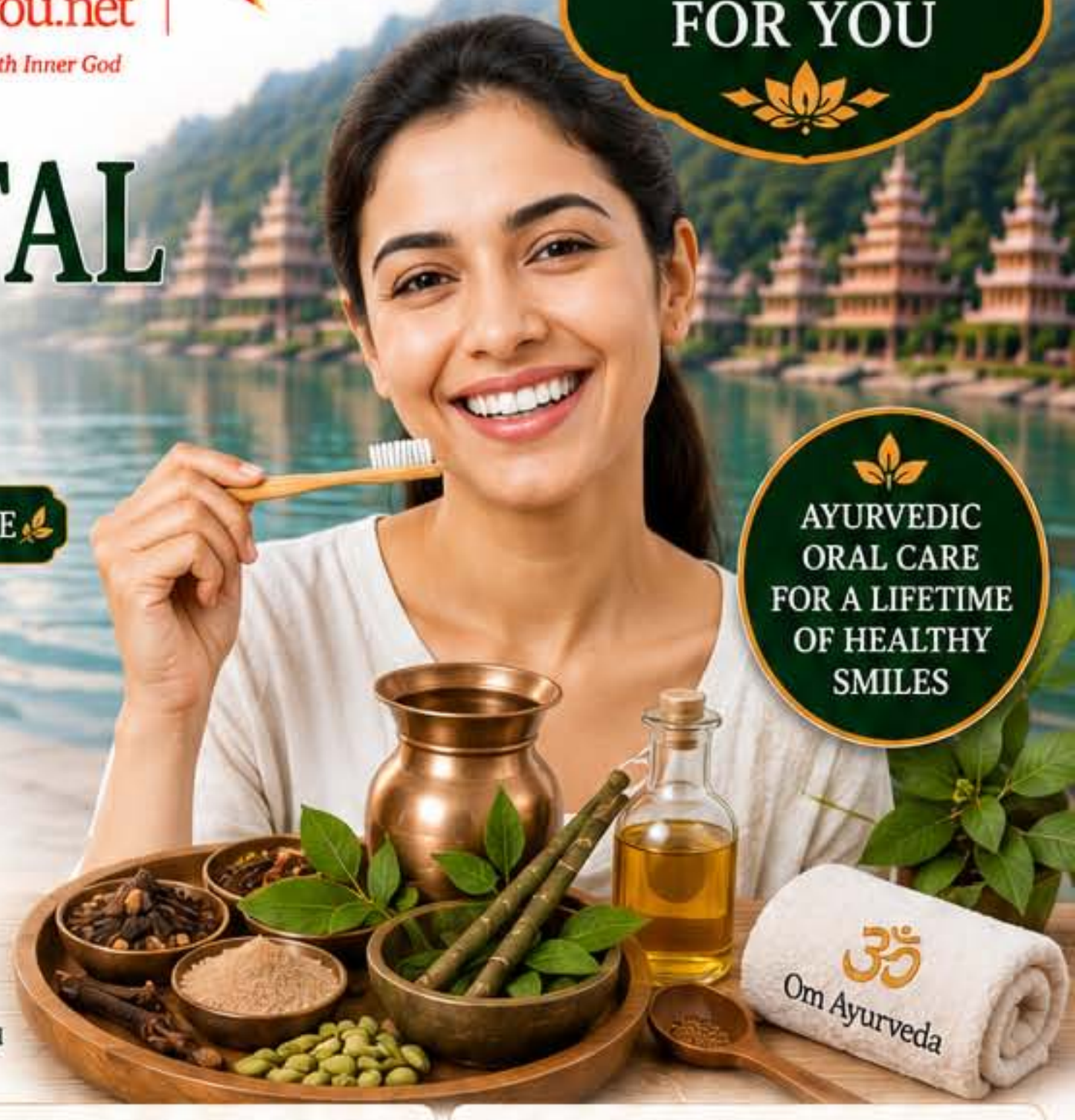
ORAL & DENTAL WELLNESS

HEALTHY SMILE • HEALTHY GUMS • HEALTHY LIFE

Ayurveda emphasizes gentle oral care through daily hygiene, balanced nutrition, healthy routines and personalized wellness practices for strong teeth, healthy gums and overall well-being.



- STRENGTHENS TEETH
- STRENGTHENS GUMS
- FRESHENS BREATH
- PREVENTS CAVITIES
- SUPPORTS OVERALL HEALTH

AYURVEDIC ORAL CARE PRACTICES

DAILY BRUSHING
Use herbal tooth powder to clean teeth gently.

TONGUE CLEANING
Removes toxins and keeps breath fresh.

OIL PULLING
Swish sesame oil in the mouth to detoxify and strengthen gums.

GUM MASSAGE
Massage gums with herbal oils to improve circulation and strength.

AYURVEDIC HERBS & INGREDIENTS

NEEM
Natural cleanser, fights bacteria

CLOVE
Reduces pain, fights germs

TRIPHALA
Supports gums, prevents cavities

CARDAMOM
Freshens breath, improves digestion

TURMERIC
Anti-inflammatory, promotes healing

SESAME OIL
Nourishes gums, strengthens teeth

BENEFITS OF ORAL & DENTAL WELLNESS

- Helps prevent cavities and tooth decay
- Strengthens teeth and gums
- Freshens breath naturally
- Supports digestion and oral health
- Helps reduce plaque and tartar build-up
- Promotes overall wellness and immunity
- Encourages better daily oral hygiene

A HOLISTIC APPROACH FOR A HEALTHY SMILE

Personalized Ayurvedic Consultation + Healthy Nutrition + Yoga & Pranayama + Meditation & Stress Management + Good Sleep & Daily Routine

BALANCED LIFESTYLE • MINDFUL HABITS • INNER PEACE • STRONG SMILE

TIPS FOR DAILY ORAL WELLNESS

- Brush twice daily with herbal tooth powder
- Clean your tongue every morning
- Practice oil pulling for 5–10 minutes
- Eat fresh, seasonal and sattvic food
- Drink plenty of warm water
- Avoid excessive sugary and acidic foods
- Visit your dentist regularly

AUTHENTIC AYURVEDA • NATURAL CARE • LASTING RESULTS

- EXPERIENCED AYURVEDIC DOCTORS
- NATURAL & HERBAL INGREDIENTS
- PERSONALIZED TREATMENTS
- PEACEFUL ENVIRONMENT
- HAPPY & GENTLE CARE

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HEALTHY NUTRITION

EAT WELL • LIVE WELL • STAY WELL

Ayurveda teaches that wholesome, balanced nutrition is the foundation of good health, strong immunity, mental clarity and a peaceful life.

- SUPPORTS DIGESTION
- BOOSTS IMMUNITY
- IMPROVES ENERGY
- ENHANCES MENTAL CLARITY
- PROMOTES OVERALL WELL-BEING

AYURVEDIC NUTRITION – BALANCE • HARMONY • HEALTH

BENEFITS OF HEALTHY NUTRITION

- Improves digestion & absorption
- Strengthens immunity
- Supports healthy weight management
- Promotes strong bones & muscles
- Enhances mental clarity & focus
- Provides sustained energy
- Supports healthy skin & hair
- Promotes longevity & well-being

AYURVEDIC SUPER FOODS

AMLA
Rich in Vitamin C & antioxidants

TURMERIC
Anti-inflammatory & detoxifying

MOONG DAL
Light, easy to digest & nourishing

GHEE
Supports digestion & brain health

TRIPHALA
Detoxifies & rejuvenates

TULSI
Boosts immunity & reduces stress

NUTS & SEEDS
Strengthen body & mind

GREEN LEAFY VEG
Rich in vitamins, minerals & fiber

WHOLE GRAINS
Sustained energy & nourishment

AYURVEDIC PRINCIPLES OF EATING

- Eat fresh, seasonal & locally grown food
- Eat at regular times
- Eat in a peaceful & positive environment
- Eat mindfully & chew thoroughly
- Choose foods that suit your Prakriti (body constitution)
- Avoid overeating & heavy processed foods

A HOLISTIC APPROACH TO NUTRITION

Personalized Ayurvedic Consultation + Balanced Nutrition + Yoga & Pranayama + Meditation & Stress Management + Good Sleep & Daily Routine

THE RIGHT FOOD • THE RIGHT TIME • THE RIGHT MINDSET

TIPS FOR HEALTHY EATING

- Drink warm water throughout the day
- Include all six tastes in your meals
- Prefer home-cooked, sattvic meals
- Use natural spices for better digestion
- Eat fruits separately from heavy meals
- Avoid cold drinks & refined foods
- Be grateful & eat with awareness

EXPERIENCED AYURVEDIC DOCTORS | PERSONALIZED NUTRITION PLANS | PURE, FRESH & SATTVIC FOOD | PEACEFUL ENVIRONMENT IN RISHIKESH | HOLISTIC CARE FOR BODY, MIND & SOUL

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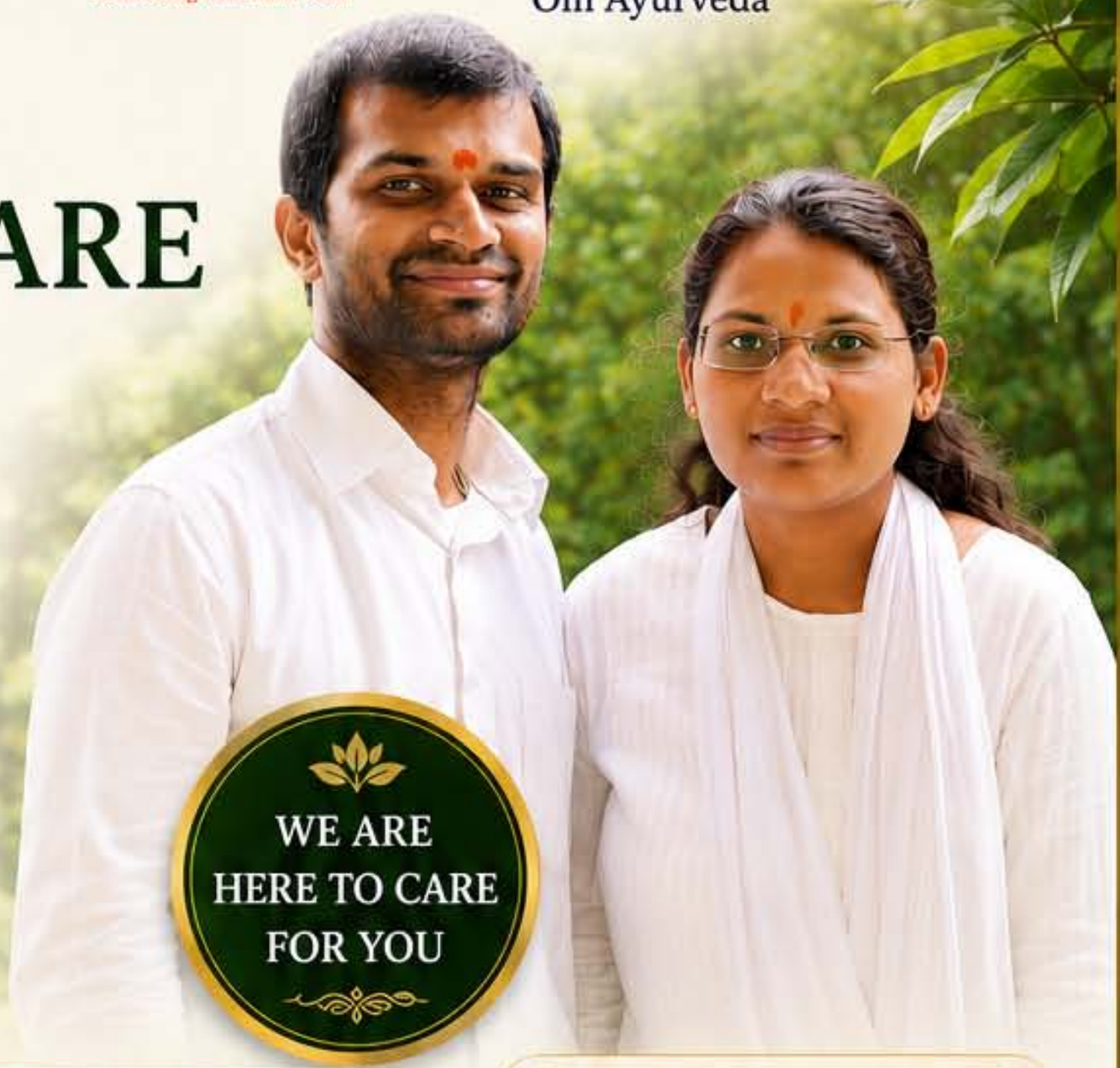
NECK & SHOULDER CARE WITH AYURVEDA

RELAX. RESTORE. REJUVENATE.

Ayurveda offers a natural and holistic approach to relieve neck and shoulder pain, reduce stiffness, improve posture and bring balance to your body and mind.



WE ARE HERE TO CARE FOR YOU

- RELIEVES PAIN
- IMPROVES MOBILITY
- IMPROVES POSTURE
- REDUCES STRESS

OUR AYURVEDIC THERAPIES FOR NECK & SHOULDER CARE

GREEVA BASTI

Nourishing therapy that relieves stiffness, pain and improves neck mobility

ABHYANGA

Therapeutic oil massage that relaxes muscles, improves circulation and reduces tension

PIZHICHIL

Warm herbal oil therapy to soothe muscles and improve flexibility

NASYA

Helps reduce stress, improve sinus health and promote relaxation

HERBAL SUPPORT

Powerful Ayurvedic herbs that reduce inflammation and strengthen tissues

BENEFITS OF NECK & SHOULDER CARE

- Relieves neck & shoulder pain and stiffness
- Reduces muscle tension and spasms
- Improves posture and alignment
- Enhances flexibility and range of motion
- Improves blood circulation to the neck and shoulders
- Reduces stress, anxiety and headaches
- Improves sleep quality and overall well-being

OUR HOLISTIC APPROACH

PERSONALIZED CONSULTATION

YOGA & PRANAYAMA

AYURVEDIC NUTRITION

HERBAL REMEDIES & SUPPLEMENTS

STRESS MANAGEMENT & MEDITATION

NECK & SHOULDER CARE TIPS

- Maintain correct posture while sitting and working
- Take regular breaks and stretch gently
- Avoid heavy bags on one shoulder
- Use a supportive pillow while sleeping
- Practice yoga and breathing exercises daily
- Eat warm, nourishing and anti-inflammatory foods
- Stay hydrated and manage stress

WHO CAN BENEFIT?

- Office Professionals
- Students
- Homemakers
- Drivers
- Sports Enthusiasts
- Anyone experiencing neck or shoulder discomfort

TAKE CARE OF YOUR NECK & SHOULDERS TODAY
FOR A HEALTHIER, PAIN-FREE TOMORROW

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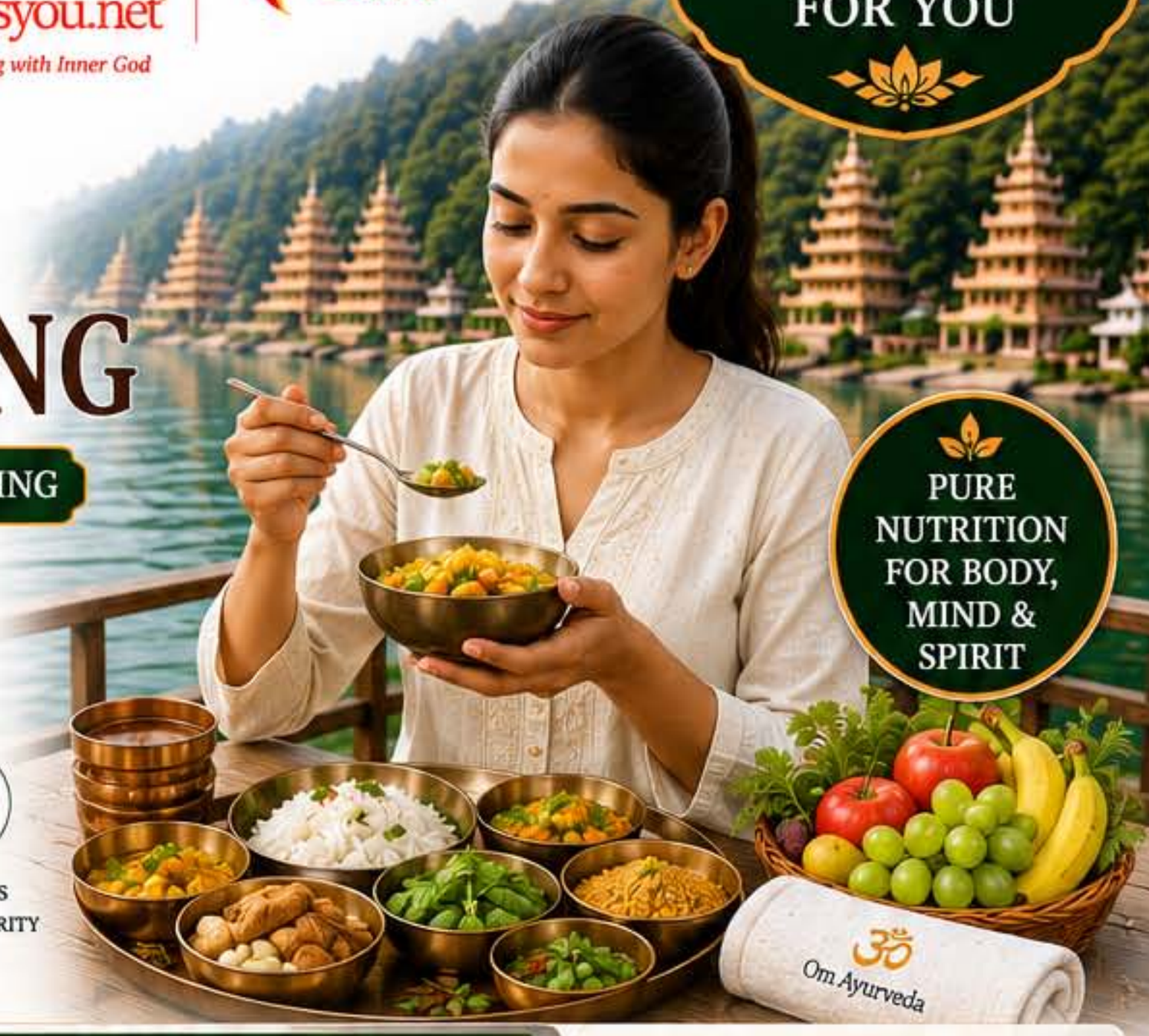
SATTVIC DIET PLANNING

PURE FOOD • PURE MIND • HEALTHY LIVING

A Sattvic diet nourishes the body, calms the mind and uplifts the spirit. Ayurveda teaches us to eat fresh, seasonal, wholesome foods prepared with love, gratitude and mindfulness.

- PROMOTES HEALTH & VITALITY
- CALMS THE MIND & REDUCES STRESS
- SUPPORTS DIGESTION & ABSORPTION
- STRENGTHENS IMMUNITY & ENERGY
- ENHANCES MENTAL CLARITY & FOCUS



WHAT IS SATTVIC DIET?

A Sattvic diet is based on fresh, natural, minimally processed foods that are light, easy to digest and high in prana (life energy). It promotes balance, well-being and harmony in daily life.

BENEFITS OF SATTVIC DIET

- Improves digestion and nutrient absorption
- Boosts immunity and energy
- Promotes mental clarity and focus
- Supports healthy weight management
- Reduces stress and anxiety
- Enhances spiritual growth and positivity
- Supports glowing skin and healthy hair
- Promotes better sleep and relaxation

SATTVIC FOODS TO ENJOY

FRESH FRUITS
Apples, bananas, papaya, grapes, berries, pomegranate

FRESH VEGETABLES
Leafy greens, gourds, carrots, beets, cabbage, pumpkin

WHOLE GRAINS
Brown rice, quinoa, oats, millets, whole wheat

PULSES & LEGUMES
Moong dal, toor dal, masoor dal, chickpeas

NUTS & SEEDS
Almonds, walnuts, flaxseeds, chia, pumpkin seeds

DAIRY (IN MODERATION)
Cow's milk, ghee, yogurt, paneer, buttermilk

HERBS & SPICES
Turmeric, cumin, coriander, ginger, cinnamon, cardamom

HERBAL DRINKS
Tulsi tea, ginger tea, cumin-coriander-fennel tea, warm water

HEALTHY SWEETENERS
Jaggery, dates, raw honey (in moderation)

FOODS TO AVOID OR LIMIT
Overly spicy, oily, stale, fermented, canned, frozen, refined sugar, artificial additives & intoxicants.

SATTVIC PRINCIPLES OF EATING

- Eat fresh, seasonal and locally grown food
- Eat at regular times with gratitude
- Eat in a peaceful environment
- Chew food thoroughly and eat mindfully
- Choose foods that suit your Prakriti (body constitution)
- Eat light in the evening and allow time for digestion

A HOLISTIC APPROACH TO WELLNESS

Personalized Ayurvedic Consultation + Sattvic Meal Plan + Yoga & Pranayama + Meditation & Mindfulness + Healthy Sleep & Daily Routine

BALANCED DIET • HEALTHY HABITS • PEACEFUL MIND • HAPPY LIFE

DAILY SATTVIC MEAL EXAMPLE

MORNING

Warm lemon water, soaked nuts & fresh fruits

LUNCH

Steamed rice, moong dal, vegetable sabzi, salad, ghee

EVENING

Herbal tea, fruit or buttermilk

NIGHT

Moong soup, light khichdi or vegetable soup

EAT SATTVIC • LIVE SATTVIC • BE SATTVIC

EXPERIENCED AYURVEDIC DOCTORS
PERSONALIZED NUTRITION PLANS
PURE, FRESH & SATTVIC FOOD
PEACEFUL ENVIRONMENT IN RISHIKESH
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info@omayurveda.org
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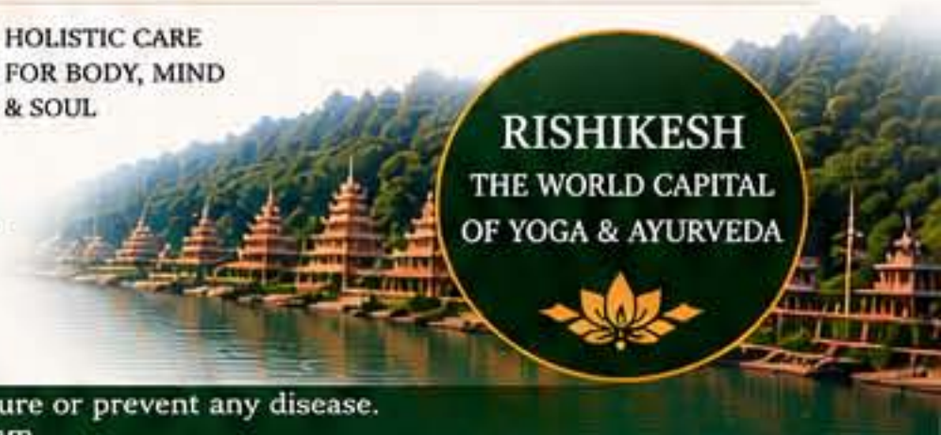

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AYURVEDIC COOKING CLASSES

COOK NATURALLY • EAT MINDFULLY • LIVE HEALTHILY

Learn the art of Ayurvedic cooking and discover how food can heal, energize and bring balance to your body, mind and soul.

- SATTIVIC RECIPES
- FRESH & SEASONAL INGREDIENTS
- AYURVEDIC SPICES & HERBS
- HEALTHY NUTRITION
- HOLISTIC WELLNESS

WHAT YOU WILL LEARN

- Basics of Ayurvedic Nutrition
- Understanding your Prakriti
- Sattvic Cooking Principles
- Seasonal & Local Ingredients
- Ayurvedic Spices & Their Benefits
- Balanced Meal Planning
- Traditional Ayurvedic Recipes
- Healthy Cooking Techniques
- Herbal Teas & Healthy Drinks
- Mindful Eating & Lifestyle Tips
- Yoga, Pranayama & Meditation
- Certificate of Participation

WHAT YOU WILL COOK

MOONG DAL KHICHDI

SEASONAL VEGETABLE SABZI

RED RICE PULAO

HEALTHY SOUPS & STEWS

FRESH SALADS & CHUTNEYS

HERBAL TEAS & DRINKS

AYURVEDIC DESSERTS

HOMEMADE CHUTNEYS

SPROUTS & LENTIL DISHES

PURE FOOD • PURE MIND • PURE LIFE

BENEFITS OF AYURVEDIC COOKING

- Improves digestion & metabolism
- Boosts immunity & vitality
- Supports detoxification
- Provides balanced nutrition
- Enhances mental clarity & focus
- Promotes healthy weight management
- Reduces stress & inflammation
- Encourages mindful eating habits
- Builds a deeper connection with nature & food

OUR APPROACH

Personalized Ayurvedic Guidance + Fresh & Sattvic Ingredients + Yoga & Pranayama + Meditation & Mindfulness + Healthy Meals for Body, Mind & Soul

"When diet is right, medicine is of no need. When diet is wrong, medicine is of no use." — Charaka Samhita

WHO CAN JOIN?

Anyone who wants to live a healthy, natural and balanced life.

- Beginners & Home Cooks
- Health & Wellness Enthusiasts
- Yoga & Ayurveda Practitioners
- Families & Working Professionals
- Students & Senior Citizens

LEARN • COOK • NOURISH • HEAL • TRANSFORM

- EXPERIENCED AYURVEDIC TEACHERS
- PRACTICAL HANDS-ON TRAINING
- RECIPE BOOK & STUDY MATERIAL
- SMALL BATCH PERSONALIZED ATTENTION
- CERTIFICATE OF PARTICIPATION
- PEACEFUL ENVIRONMENT IN RISHIKESH

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SUPERFOODS FOR SENIORS

NOURISH • STRENGTHEN • THRIVE NATURALLY

Ayurveda teaches that the right foods nourish the body, calm the mind and support healthy aging. Choose natural, wholesome superfoods for strength, immunity and vitality.

NOURISH YOUR BODY NURTURE YOUR LIFE

- SUPPORTS IMMUNITY
- STRENGTHENS BONES & JOINTS
- SUPPORTS BRAIN HEALTH
- IMPROVES DIGESTION
- PROMOTES OVERALL WELL-BEING

AYURVEDIC SUPERFOODS FOR SENIORS

AMLA
Rich in Vitamin C
Boosts immunity and vitality

MORINGA
Nutrient-dense
Supports energy and overall health

TURMERIC
Powerful anti-inflammatory
Supports joints

GINGER
Aids digestion
Reduces inflammation and discomfort

TULSI
Supports immunity
Relieves stress and promotes calm

SESAME SEEDS
Strengthens bones
Rich in calcium and minerals

FLAXSEEDS
Omega-3 fatty acids
Support heart and brain health

ALMONDS
Improves memory
Supports heart and brain

WALNUTS
Rich in omega-3s
Support brain and heart health

DATES
Natural sweetness
Boosts energy and strength

MUNG DAL
Easy to digest
High in protein and nutrients

GHEE
Nourishes tissues
Supports digestion and immunity

LEAFY GREENS
Rich in iron, calcium and antioxidants
Detoxifies the body

FRESH FRUITS
Provide vitamins antioxidants and natural energy

VEGETABLES
High in fiber
Support digestion and overall health

HERBAL TEAS
Detoxifying
Hydrating
Soothing

MILK (A2)
Nourishing
Strengthening
Rejuvenating

SPICES
Cumin, coriander, cinnamon, black pepper
Boost digestion and immunity

BENEFITS OF SUPERFOODS FOR SENIORS

- Supports immunity and natural defense
- Improves digestion and nutrient absorption
- Strengthens bones, muscles and joints
- Enhances memory and brain function
- Maintains energy, strength and stamina
- Reduces inflammation and stress
- Supports heart health and circulation
- Promotes healthy aging and longevity
- Improves skin, hair and overall vitality

DAILY HABITS FOR HEALTHY AGING

- Eat fresh, wholesome meals
- Drink warm water & stay hydrated
- Practice Yoga & Pranayama daily
- Go for nature walks & get sunlight
- Meditate & manage stress mindfully
- Get proper sleep & rest

SAMPLE SATTVIC MEAL PLAN

MORNING
Warm water with lemon & honey
Soaked almonds & 1 Amla

BREAKFAST
Moong dal chilla with green chutney
Herbal tea

LUNCH
Brown rice, moong dal, steamed vegetables, salad, ghee

EVENING
Herbal tea with nuts & seeds

DINNER
Vegetable soup, soft khichdi, sautéed greens

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INDIVIDUALIZED NUTRITION PLANS
YOGA & PRANAYAMA GUIDANCE
MEDITATION & LIFESTYLE COACHING
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HEALTHY HYDRATION

DRINK WELL • FEEL WELL • LIVE WELL

Proper hydration is the key to energy, digestion, glowing skin, mental clarity and overall wellness. Ayurveda teaches us to hydrate mindfully with clean water, herbal drinks and natural fluids suited to your body and season.

NATURAL HYDRATION

BALANCES DOSHAS

HOLISTIC WELLNESS

- SUPPORTS DIGESTION
- MAINTAINS ENERGY LEVELS
- PROMOTES HEALTHY SKIN
- ENHANCES MENTAL CLARITY
- SUPPORTS IMMUNITY
- SUPPORTS DETOXIFICATION

AYURVEDIC HYDRATING DRINKS

WARM WATER
Aids digestion & detoxification

LEMON WATER
Refreshes & boosts immunity

TULSI TEA
Relieves stress & supports immunity

COCONUT WATER
Natural electrolyte & cooling

HERBAL INFUSIONS
Cumin, coriander, fennel & more

AMLA JUICE
Rich in Vitamin C & antioxidants

BUTTERMILK
Improves digestion & restores balance

FRUIT INFUSED WATER
Detoxifying & refreshing

DAILY HYDRATION TIPS

- Drink warm water in the morning
- Sip water throughout the day
- Prefer copper stored water
- Include water-rich fruits & vegetables
- Choose natural & seasonal drinks
- Avoid ice-cold & sugary beverages
- Hydrate more in summer and during exercise
- Listen to your body's thirst signals

"Water is life. Drink mindfully, live joyfully, stay healthy."

HYDRATION THROUGH FOODS

CUCUMBER
96% Water

WATERMELON
92% Water

ORANGE
87% Water

STRAWBERRY
91% Water

LETTUCE
96% Water

CELERY
95% Water

ZUCCHINI
95% Water

GRAPES
81% Water

SIGNS OF DEHYDRATION

- Dry mouth & lips
- Fatigue & low energy
- Headache
- Dark yellow urine
- Dry skin
- Constipation

AYURVEDIC PERSONALIZED GUIDANCE

At Om Ayurveda, we assess your Prakriti (body constitution), lifestyle, age, season and health condition to guide you on the right type and amount of fluids for optimal balance and well-being.

BENEFITS OF HEALTHY HYDRATION

- Supports digestion & detoxification
- Maintains energy & stamina
- Enhances mental clarity & focus
- Promotes healthy skin & hair
- Supports kidney health
- Regulates body temperature
- Improves physical performance
- Supports overall well-being

OUR HOLISTIC APPROACH

Personalized Ayurvedic Consultation + Healthy Hydration + Balanced Nutrition + Yoga & Pranayama + Meditation & Stress Management + Quality Sleep & Daily Routine

BALANCED HYDRATIOND • BALANCED LIFE

- EXPERIENCED AYURVEDIC DOCTORS
- PERSONALIZED WELLNESS PLANS
- NATURAL & SAFE THERAPIES
- YOGA & MEDITATION
- PEACEFUL ENVIRONMENT IN RISHIKESH
- HOLISTIC CARE FOR BODY, MIND & SOUL

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HERBAL TEAS FOR WELLNESS

SIP NATURE • SUPPORT WELL-BEING • LIVE BETTER

Ayurveda embraces the healing power of herbs. Herbal teas are a simple and natural way to support balance, relaxation and overall wellness. Choose the right herbs for your body, mind and season.

PURE HERBS
PURE TEA
PURE WELLNESS

NATURAL INGREDIENTS | SUPPORTS DIGESTION | REDUCES STRESS | BOOSTS IMMUNITY | PROMOTES RELAXATION | SUPPORTS OVERALL WELL-BEING

OUR HERBAL TEA COLLECTION

TULSI TEA
Supports immunity and respiratory wellness

GINGER TEA
Aids digestion and helps reduce occasional discomfort

TURMERIC TEA
Natural antioxidant and supports wellness

CINNAMON TEA
Helps maintain healthy sugar levels

LEMONGRASS TEA
Refreshing and supports relaxation

FENNEL TEA
Supports digestion and reduces bloating

MINT TEA
Soothes the mind and supports digestion

ROSE PETAL TEA
Calming and cooling for the mind & body

AMLA TEA
Rich in Vitamin C and supports vitality

LICORICE TEA
Soothes throat and supports respiratory health

CHAMOMILE TEA
Promotes relaxation and supports better sleep

CARDAMOM TEA
Aids digestion and freshens breath

BENEFITS OF HERBAL TEAS

- Supports digestion and metabolism
- Strengthens immunity naturally
- Reduces stress and promotes relaxation
- Detoxifies and rejuvenates the body
- Supports respiratory health
- Promotes healthy skin and glowing complexion
- Enhances energy and mental clarity
- Supports better sleep quality

ENJOY THROUGHOUT THE DAY

MORNING	MID-MORNING	EVENING	NIGHT
Detox & Energize	Refresh & Rejuvenate	Relax & Unwind	Calm & Sleep Better

BREW THE PERFECT CUP

1 tsp herbs per cup | Pour hot water | Steep for 5–7 mins | Strain & enjoy warm

AYURVEDIC GUIDANCE

At Om Ayurveda, we assess your Prakriti (body constitution), lifestyle, age and season to recommend the right herbal teas for your unique needs.

MORE THAN TEA – A HOLISTIC APPROACH TO WELLNESS

Personalized Ayurvedic Consultation

+

Herbal Tea Guidance

+

Sattvic Diet & Nutrition

+

Yoga & Pranayama

+

Meditation & Mindfulness

+

Daily Routine (Dinacharya)

> "When diet is right, medicine is of no need. When diet is wrong, medicine is of no use."
>
> – Charaka Samhita

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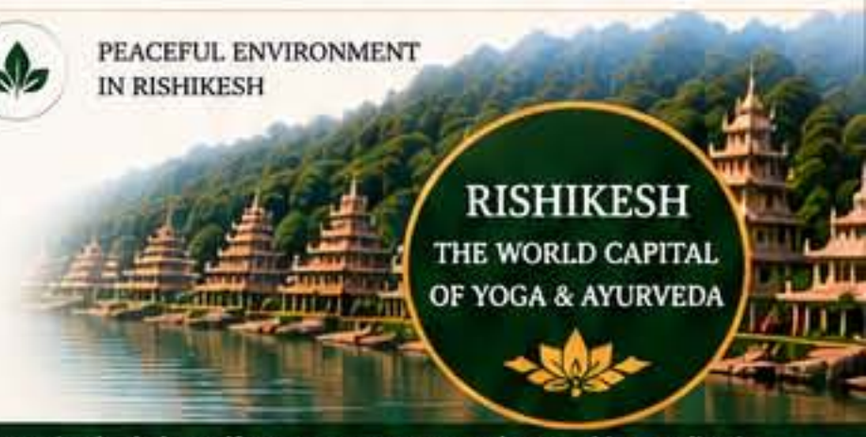

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HEALTHY BREAKFAST PLANNING

EAT FRESH • START STRONG • LIVE WELL

A nourishing breakfast fuels your body, mind and energy for the day ahead, Ayurveda teaches us to choose fresh, seasonal, sattvic foods that balance your doshas and support overall wellness.

NATURAL INGREDIENTS | BALANCES DOSHAS | SUPPORTS DIGESTION | SUSTAINS ENERGY | BOOSTS IMMUNITY | PROMOTES WELL-BEING

AYURVEDIC BREAKFAST IDEAS

MOONG DAL CHILLA
High in protein, easy to digest

VEGETABLE UPMA
Light, nutritious and satisfying

OATS PORRIDGE
Good fiber, supports heart health

FRUIT BOWL
Rich in vitamins, antioxidants & fiber

SOAKED NUTS
Almonds, walnuts & dates for energy

POHA
Light, easy to digest & heart healthy

IDLI & SAMBAR
Fermented, light & gut friendly

MILLET PORRIDGE
Gluten free, rich in minerals & fiber

FRESH CURD
Supports gut health & immunity

HERBAL TEA
Detoxifies & refreshes

BENEFITS OF A HEALTHY BREAKFAST

- Boosts energy and concentration
- Supports healthy digestion
- Helps maintain a healthy weight
- Balances blood sugar levels
- Strengthens immunity
- Nourishes body tissues
- Improves mood & mental clarity
- Supports heart health
- Promotes healthy morning habits
- Enhances overall well-being

AYURVEDIC GUIDELINES FOR BREAKFAST

- Eat according to your Prakriti (body constitution)
- Choose seasonal, fresh & natural foods
- Prefer warm, freshly cooked meals
- Avoid heavy, oily and processed foods
- Eat mindfully in a calm and peaceful environment
- Chew food well and eat in moderation
- Drink warm water or herbal tea
- Follow a regular meal time daily

MORNING ROUTINE FOR WELLNESS

Wake up with gratitude	Drink warm water	Yoga & Pranayama	Meditation & Mindfulness
Sunlight exposure	Healthy Breakfast	Nature Walk	Herbal Tea & Relax

PERSONALIZED AYURVEDIC GUIDANCE

At Om Ayurveda, we provide personalized breakfast plans based on your Prakriti, age, lifestyle, season and health condition to help you achieve optimal balance and well-being.

BUILD YOUR PERFECT BREAKFAST

WHOLE GRAINS + VEGETABLES + FRUITS + NUTS & SEEDS + HERBAL DRINK = ENERGIZED HEALTHY YOU

SAMPLE SATTVIC BREAKFAST PLAN

- Mon: Moong Dal Chilla + Herbal Tea + Fruit
- Tue: Oats Porridge + Nuts + Warm Water
- Wed: Vegetable Upma + Coconut Water
- Thu: Poha + Sprouts + Herbal Tea
- Fri: Idli Sambar + Fruit + Warm Water
- Sat: Millet Porridge + Nuts + Herbal Tea
- Sun: Fresh Fruit Bowl + Curd + Herbal Tea

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MEAL PLANNING FOR SENIORS

NOURISHING TODAY • HEALTHY TOMORROW

Ayurveda teaches that good nutrition is the foundation of healthy aging. Personalized meal planning with fresh, seasonal, and easy-to-digest foods helps maintain energy, immunity, and overall well-being for seniors.

SUPPORTS DIGESTION · BOOSTS IMMUNITY · MAINTAINS ENERGY · SUPPORTS BONES & JOINTS · IMPROVES MENTAL CLARITY · PROMOTES OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CONSULTATION

INDIVIDUAL MEAL PLANNING

HOLISTIC WELLNESS SUPPORT

AYURVEDIC MEAL PLAN FOR SENIORS (SAMPLE)

BREAKFAST

- Moong Dal Chilla
- Stewed Apple or Papaya
- Soaked Almonds (4-5)
- Herbal Tea / Warm Water

LUNCH

- Moong Dal Khichdi
- Steamed Vegetables
- Beetroot & Carrot Salad
- Curd
- Warm Water

DINNER

- Vegetable Soup
- Soft Phulka / Red Rice
- Lauki Sabzi
- Herbal Tea

KEY PRINCIPLES

- Eat fresh, seasonal & locally sourced foods
- Prefer warm, cooked & easy-to-digest meals
- Eat at regular times in small portions
- Include all six tastes in balance
- Stay well hydrated
- Avoid heavy, oily, processed & leftover foods
- Practice mindful eating with gratitude

BEST FOODS FOR SENIORS

Moong Dal
Easy to digest, high in protein

Millets & Whole Grains
Good source of fiber & energy

Seasonal Vegetables
Rich in vitamins & minerals

Fruits
Natural source of vitamins & antioxidants

Nuts & Seeds
Healthy fats, strengthen body & brain

Herbal Teas
Detoxifies and calms the mind

DAILY ROUTINE FOR SENIORS

- Wake up early with gratitude
- Drink warm water
- Gentle Yoga & Pranayama
- Nutritious Breakfast
- Mindful Meals
- Evening Walk in Nature
- Light Dinner before sunset
- Herbal Tea & Relaxation
- Early Sleep & Rest

BENEFITS OF HEALTHY MEAL PLANNING

- Supports healthy aging and longevity
- Improves digestion and nutrient absorption
- Maintains healthy weight and energy levels
- Strengthens immunity and overall vitality
- Supports heart, brain and bone health
- Enhances mood, sleep and quality of life

AYURVEDIC GUIDANCE INCLUDES

- Prakriti (body constitution) assessment
- Personalized meal planning
- Seasonal diet guidance
- Healthy cooking methods
- Yoga, Pranayama & Meditation
- Digestion & lifestyle support
- Ongoing follow-up & support

SAMPLE SATTVIC RECIPE

MOONG DAL VEGETABLE SOUP

Ingredients:

- Moong dal, Carrot, Bottle gourd, Cumin, Ginger, Turmeric, Coriander, Rock salt

Benefits:

- Easy to digest, light, nourishing and tridosha balancing

WE SUPPORT SENIORS WITH

Compassionate Care · Holistic Wellness · Personalized Nutrition · Peaceful Environment

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HEALTHY DIGESTION THROUGH DIET

NOURISH YOUR GUT • ENERGIZE YOUR LIFE

Good digestion is the foundation of good health. Ayurveda teaches us that balanced diet, mindful eating and healthy daily routines support strong digestion, better nutrient absorption, and overall well-being.

- SUPPORTS DIGESTION
- IMPROVES NUTRIENT ABSORPTION
- STRENGTHENS IMMUNITY
- REDUCES BLOATING
- ENHANCES ENERGY LEVELS
- PROMOTES OVERALL WELL-BEING

DIGESTIVE FRIENDLY FOODS

MOONG DAL KHICHDI
Light, easy to digest & nourishing

STEAMED VEGETABLES
High in fiber, gentle on the stomach

VEGETABLE SOUP
Hydrating, warms & soothes

COOKED APPLE
Supports digestion & regularity

WARM WATER
Helps cleanse & supports digestion

GINGER
Stimulates appetite & supports digestion

CUMIN
Improves digestion & reduces gas

FENNEL
Relieves bloating & soothes

CORIANDER
Detoxifies & supports gut health

TURMERIC
Anti-inflammatory & gut friendly

BUTTERMILK
Probiotic rich, cooling & light

HERBAL TEA
Soothes the digestive system

RIPE FRUITS
Easy to digest & rich in nutrients

CURD (IN MODERATION)
Supports gut flora (daytime only)

WHOLE GRAINS
Provide sustained energy & fiber

DIGESTIVE HEALTH TIPS

- Eat fresh, warm & freshly cooked meals
- Eat at regular times & avoid skipping meals
- Chew food well & eat mindfully
- Prefer light dinner & allow 2–3 hours before sleep
- Drink warm water or herbal tea
- Include digestive spices in daily diet
- Avoid overeating & heavy, oily, fried foods
- Stay active with yoga & daily movement
- Manage stress with meditation & deep breathing
- Get adequate sleep & maintain daily routine

AVOID

- Processed, packaged & junk foods
- Cold drinks, ice cream & refrigerated foods
- Excess sugar, red meat & deep fried foods
- Late night eating & irregular meal timings
- Eating too fast & multitasking while eating

SAMPLE DIGESTIVE-FRIENDLY MEAL PLAN

BREAKFAST
Moong Dal Chilla
Herbal Tea
Soaked Almonds

LUNCH
Moong Dal Khichdi
Steamed Vegetables
Cucumber Salad
Buttermilk

DINNER
Vegetable Soup
Soft Phulka
Steamed Vegetables
Herbal Tea

AYURVEDIC LIFESTYLE FOR BETTER DIGESTION

- **WAKE UP EARLY** — Start the day with warm water
- **YOGA & PRANAYAMA** — Stimulate digestion & reduce stress
- **MINDFUL EATING** — Eat in a calm & peaceful environment
- **REGULAR WALK** — Aids digestion & boosts metabolism
- **SOUND SLEEP** — 7–8 hours of quality sleep

"When diet is right,
medicine is of no need.
When diet is wrong,
medicine is of no use."
– Charaka Samhita

POWERFUL DIGESTIVE SPICES & HERBS

AJWAIN
Relieves gas & improves digestion

TRIPHALA
Detoxifies & supports regularity

PIPPALI
Enhances digestion & absorption

MINT
Soothes stomach relieves indigestion

CURCUMIN
Supports gut lining & reduces inflammation

PERSONALIZED AYURVEDIC GUIDANCE

At Om Ayurveda, we assess your Prakriti (body constitution), lifestyle, age, season and health condition to create a personalized diet and lifestyle plan for healthy digestion and overall wellness. Our expert Ayurvedic guidance helps you achieve lasting balance and vitality.

AUTHENTIC AYURVEDIC CARE · EXPERIENCED AYURVEDIC DOCTORS · PERSONALIZED DIET PLANS · NATURAL & SAFE THERAPIES · YOGA & MEDITATION · PEACEFUL ENVIRONMENT IN RISHIKESH · HOLISTIC CARE FOR BODY, MIND & SOUL

+91 7904218828
+91 9405225604
www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

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HOLISTIC CARE, NATURAL HEALING

RISHIKESH
THE WORLD CAPITAL OF YOGA & AYURVEDA

This program complements your medical care. It is not intended to diagnose, treat, cure or prevent any disease. Consult your healthcare provider before making any changes to your diet, especially if you have a medical condition.

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MANAGING FOOD SENSITIVITIES WITH AYURVEDA

Personalized Nutrition for Better Well-being

Ayurveda teaches that every person is unique. The right food, at the right time, in the right way supports digestive comfort, energy, and overall wellness.

PERSONALIZED NUTRITION | BETTER DIGESTION | STRENGTHENS IMMUNITY | BALANCES DOSHAS | HOLISTIC WELLNESS

BENEFITS OF MANAGING FOOD SENSITIVITIES

- Supports digestive comfort
- Encourages balanced nutrition
- Helps identify foods that may not suit you
- Promotes healthy energy levels
- Supports skin health and overall well-being

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Digestive Health Evaluation
- Food History & Lifestyle Analysis
- Identification of Possible Food Sensitivities
- Personalized Meal & Lifestyle Plan

COMMON SIGNS OF FOOD SENSITIVITIES

Bloating & Gas | Headaches | Skin Issues | Fatigue | Digestive Discomfort

If you experience persistent symptoms, seek proper guidance.

FOODS THAT SUPPORT DIGESTIVE WELLNESS

Moong Dal (Easy to Digest) | Cooked Vegetables | Warm Water & Herbal Teas | Ginger, Cumin, Fennel, Coriander

Rice / Millets (Gluten-Friendly) | Healthy Fats (Ghee, Nuts, Seeds) | Seasonal Fruits | Turmeric (Anti-inflammatory)

Eat Fresh • Eat Seasonal • Eat Mindfully

FOODS TO CONSUME MINDFULLY

Processed Foods | Refined Sugar | Artificial Additives | Excess Dairy | Cold & Refrigerated Foods

PRACTICE MINDFUL EATING

Eat in a calm environment | Chew food well | Listen to your body | Avoid distractions while eating | Stop before you are full

AYURVEDIC LIFESTYLE GUIDELINES

Wake Up Early | Drink Warm Water | Yoga & Pranayama | Daily Walk in Nature | Manage Stress Effectively | Sleep Well Stay Rested

> "When diet is right, medicine is of no need. When diet is wrong, medicine is of no use."
> – Charaka Samhita

OUR HOLISTIC APPROACH

Personalized Nutrition | Diet & Lifestyle Planning | Yoga & Pranayama | Herbal Support | Ongoing Follow-up

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HEAL NATURALLY
LIVE FULLY

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+91 9405225604
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info@omayurveda.org
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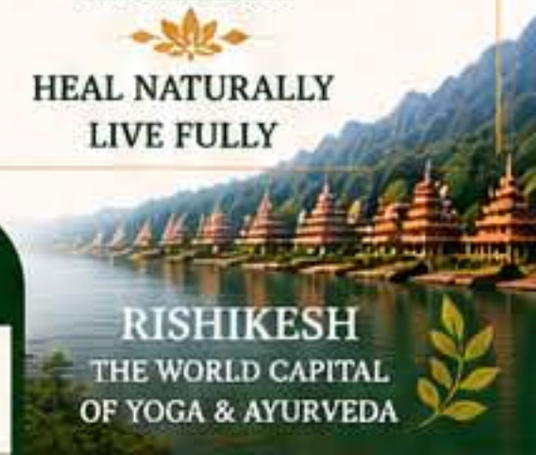

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THE WORLD CAPITAL OF YOGA & AYURVEDA

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HEALTHY WEIGHT GAIN

NOURISH • STRENGTHEN • THRIVE

NOURISH YOUR BODY. BUILD STRENGTH. LIVE HEALTHY.

Ayurveda teaches that healthy weight gain is about nourishing your body with the right foods, improving digestion, and following a balanced lifestyle for overall well-being.

- NOURISHING FOODS
- BUILDS STRENGTH
- IMPROVES DIGESTION
- BALANCED LIFESTYLE
- BOOSTS IMMUNITY
- ENHANCES WELL-BEING

AYURVEDIC APPROACH FOR HEALTHY WEIGHT GAIN

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Digestive Health Evaluation
- Eating Habits & Lifestyle Analysis
- Personalized Meal Plan
- Herbal & Lifestyle Recommendations

NOURISHING FOODS THAT SUPPORT HEALTHY WEIGHT GAIN

Moong Dal Khichdi

Milk (If Suitable)

Ghee (As Appropriate)

Whole Grains & Millets

Dates & Figs

Nuts & Seeds (Almonds, Walnuts)

Banana & Healthy Fruits

Lentils & Legumes

Vegetables & Leafy Greens

Herbal Teas & Spices

Healthy Soups & Stews

Natural Sweeteners (Jaggery, Honey)

AYURVEDIC LIFESTYLE FOR HEALTHY WEIGHT GAIN

- Eat on time & eat mindfully
- Choose fresh, warm & cooked meals
- Include healthy fats in your diet
- Stay hydrated
- Regular exercise & strength building
- Yoga & Pranayama
- Good sleep & stress management
- Positive mindset & self-care

SAMPLE DAILY MEAL PLAN

MORNING
- Warm Milk (If Suitable)
- Soaked Almonds & Raisins
- Dates

LUNCH
- Moong Dal Khichdi
- Ghee (As Appropriate)
- Cooked Vegetables
- Salad

DINNER
- Vegetable Soup
- Whole Grain Roti
- Lentil Curry
- Warm Herbal Tea

BENEFITS OF HEALTHY WEIGHT GAIN

- Supports muscle mass & strength
- Improves energy levels
- Supports healthy immunity
- Enhances physical stamina
- Promotes healthy digestion
- Supports hormonal balance
- Improves overall vitality
- Enhances mood & confidence

YOGA & EXERCISE FOR STRENGTH

Tadasana (Mountain Pose)

Bhujangasana (Cobra Pose)

Setu Bandhasana (Bridge Pose)

Surya Namaskar (Sun Salutation)

Pranayama (Alternate Nostril Breathing)

Meditation (Dhyana)

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BACK PAIN RELIEF

WITH AYURVEDA

WE ARE HERE TO CARE FOR YOU

NATURAL CARE. LASTING RELIEF.

Ayurveda offers a holistic approach to relieve back pain by addressing the root cause, reducing inflammation, improving flexibility and mobility, and helping you return to an active, pain-free life.

- RELIEVES PAIN
- IMPROVES FLEXIBILITY
- BETTER POSTURE
- REDUCES STRESS
- SUPPORTS OVERALL WELL-BEING

OUR AYURVEDIC THERAPIES FOR BACK PAIN RELIEF

KATI BASTI

Nourishes and strengthens the lower back, reduces pain and stiffness

ABHYANGA

Therapeutic oil massage that relieves muscle tension and improves circulation

PIZHICHIL

Warm herbal oil therapy that soothes pain and improves mobility

UDVARTANA

Herbal powder massage that reduces stiffness and inflammation

HERBAL SUPPORT

Powerful Ayurvedic herbs to reduce inflammation and support healing

BENEFITS OF BACK PAIN CARE

- Relieves back pain and muscle tension
- Improves spine flexibility and mobility
- Strengthens back and core muscles
- Enhances posture and body alignment
- Reduces stress and mental fatigue
- Improves quality of sleep
- Supports long-term spinal health
- Enhances overall quality of life

OUR HOLISTIC APPROACH

PERSONALIZED CONSULTATION & ASSESSMENT

YOGA & PRANAYAMA

AYURVEDIC NUTRITION

HERBAL REMEDIES & SUPPLEMENTS

LIFESTYLE GUIDANCE & STRESS MANAGEMENT

BACK FRIENDLY LIFESTYLE TIPS

- Maintain correct posture while sitting and lifting
- Take regular breaks and stretch
- Avoid heavy lifting and sudden movements
- Strengthen core with yoga and exercises
- Eat warm, light and nourishing foods
- Stay active and manage stress
- Use supportive mattress and ergonomic seating

WHO CAN BENEFIT?

Office Professionals

Manual Workers

Seniors

Drivers

Athletes

Home Makers

Take the first step towards a stronger, healthier back with Ayurveda.

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HEALTHY WEIGHT LOSS

BALANCE TODAY • HEALTHY TOMORROW

NOT A DIET
IT'S A LIFESTYLE CHANGE

SUSTAINABLE WEIGHT LOSS THROUGH AYURVEDA

Ayurveda focuses on balanced nutrition, mindful eating, regular movement, good digestion and a positive lifestyle to support healthy weight loss and overall well-being.

- SUPPORTS WEIGHT LOSS
- IMPROVES DIGESTION
- BOOSTS METABOLISM
- REDUCES STRESS
- DETOXIFIES THE BODY
- ENHANCES ENERGY LEVELS

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Digestive Health Evaluation
- Eating Habits & Lifestyle Analysis
- Personalized Meal Plan
- Herbal & Lifestyle Recommendations

AYURVEDIC NUTRITION

Eat Fresh, Eat Sattvic, Stay Fit

Steamed Vegetables | Moong Dal Khichdi | Green Leafy Vegetables | Mixed Salad

Whole Grains | Herbal Teas | Ginger, Cumin, Fennel, Turmeric | Warm Water With Lemon

- Seasonal • Light • Easy to Digest • Nourishing

DAILY HABITS FOR WEIGHT MANAGEMENT

- Eat on time & in moderation
- Chew food well & eat mindfully
- Include healthy fats in your diet
- Stay hydrated
- Regular exercise & daily movement
- Yoga & Pranayama
- Good sleep & stress management
- Positive mindset & self-care

SAMPLE DAILY MEAL PLAN

MORNING (On Waking Up)
- Warm Water with Lemon
- Few Soaked Almonds

BREAKFAST
- Moong Dal Chilla
- Herbal Tea

LUNCH
- Brown Rice / Millet
- Dal / Soup
- Steamed Vegetables
- Salad

EVENING
- Herbal Tea / Buttermilk
- Fruit

DINNER (Light & Early)
- Vegetable Soup
- Steamed Vegetables
- Moong Dal Khichdi

YOGA & EXERCISE

Stay Active, Stay Healthy

Surya Namaskar | Brisk Walking | Stretching | Strength Training

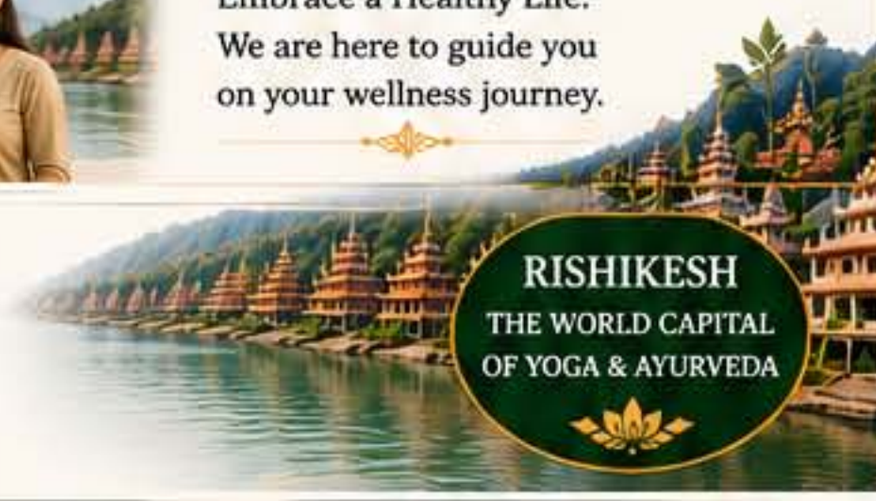
BENEFITS OF HEALTHY WEIGHT LOSS

- Supports healthy weight management
- Improves energy levels
- Enhances metabolism
- Supports digestion & detoxification
- Improves stamina & fitness
- Promotes better sleep
- Enhances self-confidence
- Supports overall well-being

AYURVEDIC LIFESTYLE FOR LASTING RESULTS

Mindful Eating | Daily Routine | Stress Management | Adequate Sleep | Detox & Rejuvenation | Positive Thinking

Embrace Ayurveda,
Embrace a Healthy Life.
We are here to guide you
on your wellness journey.



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+91 7904218828
+91 9405225604
www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

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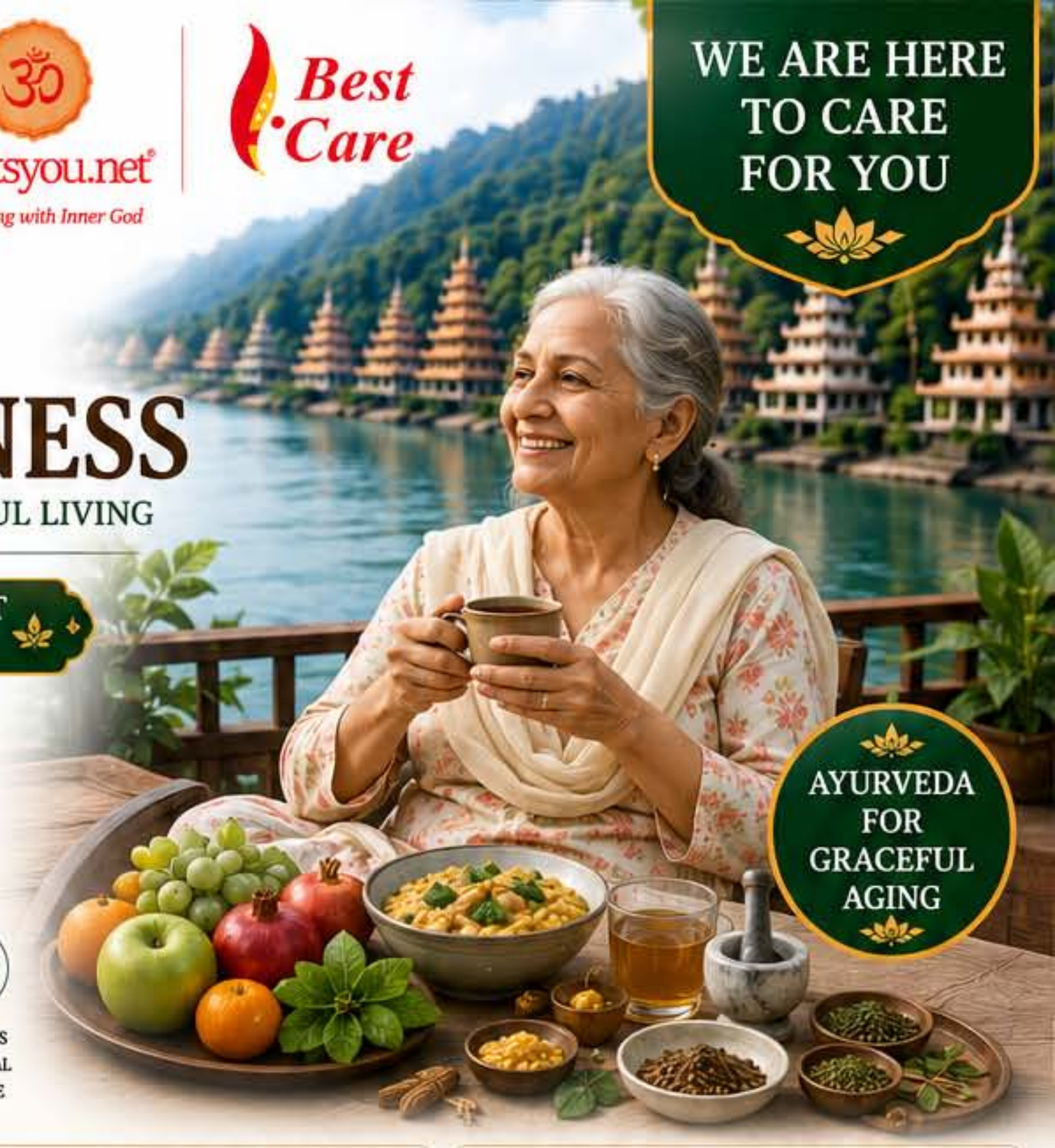
WOMEN'S SENIOR WELLNESS

HEALTHY AGING • INNER BALANCE • JOYFUL LIVING



AYURVEDA FOR GRACEFUL AGING

NURTURE YOUR BODY, MIND & SPIRIT AT EVERY STAGE OF LIFE

Ayurveda helps senior women maintain physical health, mental peace, emotional balance and overall well-being through personalized care, balanced nutrition, yoga, meditation and holistic lifestyle practices.

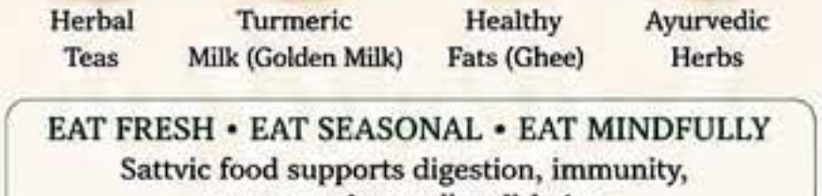
- SUPPORTS HEALTHY AGING
- SUPPORTS BONES & JOINTS
- BOOSTS IMMUNITY
- ENHANCES ENERGY & VITALITY
- REDUCES STRESS & ANXIETY
- PROMOTES HORMONAL BALANCE

PERSONALIZED AYURVEDIC CARE

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya)
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

NOURISHING AYURVEDIC NUTRITION

Fresh Vegetables | Whole Grains | Healthy Legumes | Fruits & Nuts



Herbal Teas | Turmeric Milk (Golden Milk) | Healthy Fats (Ghee) | Ayurvedic Herbs

EAT FRESH • EAT SEASONAL • EAT MINDFULLY
Sattvic food supports digestion, immunity, energy and overall well-being.

DAILY HABITS FOR WELLNESS

- Eat on time & in moderation
- Stay hydrated
- Gentle exercise & daily movement
- Yoga & Pranayama
- Meditation & relaxation
- Good sleep & stress management
- Stay connected & positive
- Follow natural daily routine

YOGA & PRANAYAMA FOR SENIOR WOMEN

Tadasana (Mountain Pose) | Vrikshasana (Tree Pose) | Baddha Konasana (Butterfly Pose)

Anulom Vilom (Nadi Shodhana) | Bhramari (Humming Bee Breathing) | Deep Relaxation

BENEFITS FOR SENIOR WOMEN

- Supports bone & joint health
- Supports heart health
- Promotes hormonal balance
- Improves digestion & metabolism
- Enhances memory & concentration
- Supports emotional well-being
- Increases energy & vitality
- Promotes healthy sleep
- Encourages graceful aging
- Enhances overall quality of life

SELF-CARE & HOLISTIC WELL-BEING

Warm Oil Massage | Herbal Bath | Reading & Relaxation

Spend Time in Nature | Connect with Loved Ones | Gratitude & Positivity

"Take care of your body.
It's the only place you have to live."
– Jim Rohn

OUR HOLISTIC APPROACH

- Personalized Care
- Ayurvedic Nutrition
- Yoga & Pranayama
- Herbal Support
- Lifestyle Guidance
- Mind-Body Balance
- Natural & Safe Therapies

EXPERIENCE AUTHENTIC AYURVEDA IN THE PEACEFUL SURROUNDINGS OF RISHIKESH

Disclaimer: This program supports general wellness and is not a substitute for medical care. Please consult your physician for any medical conditions or concerns.

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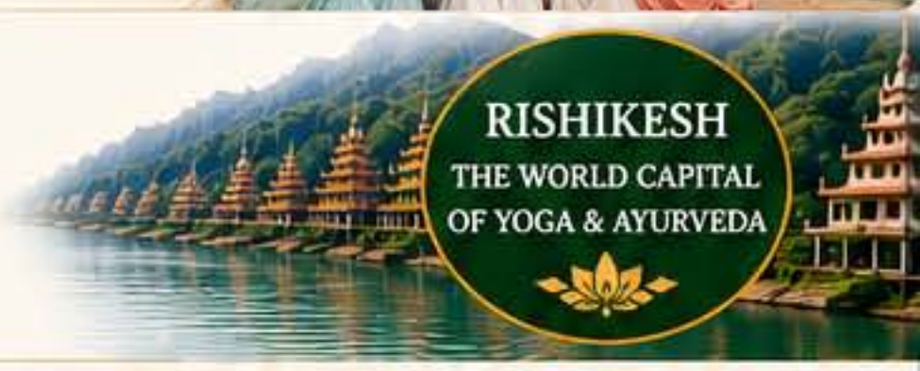

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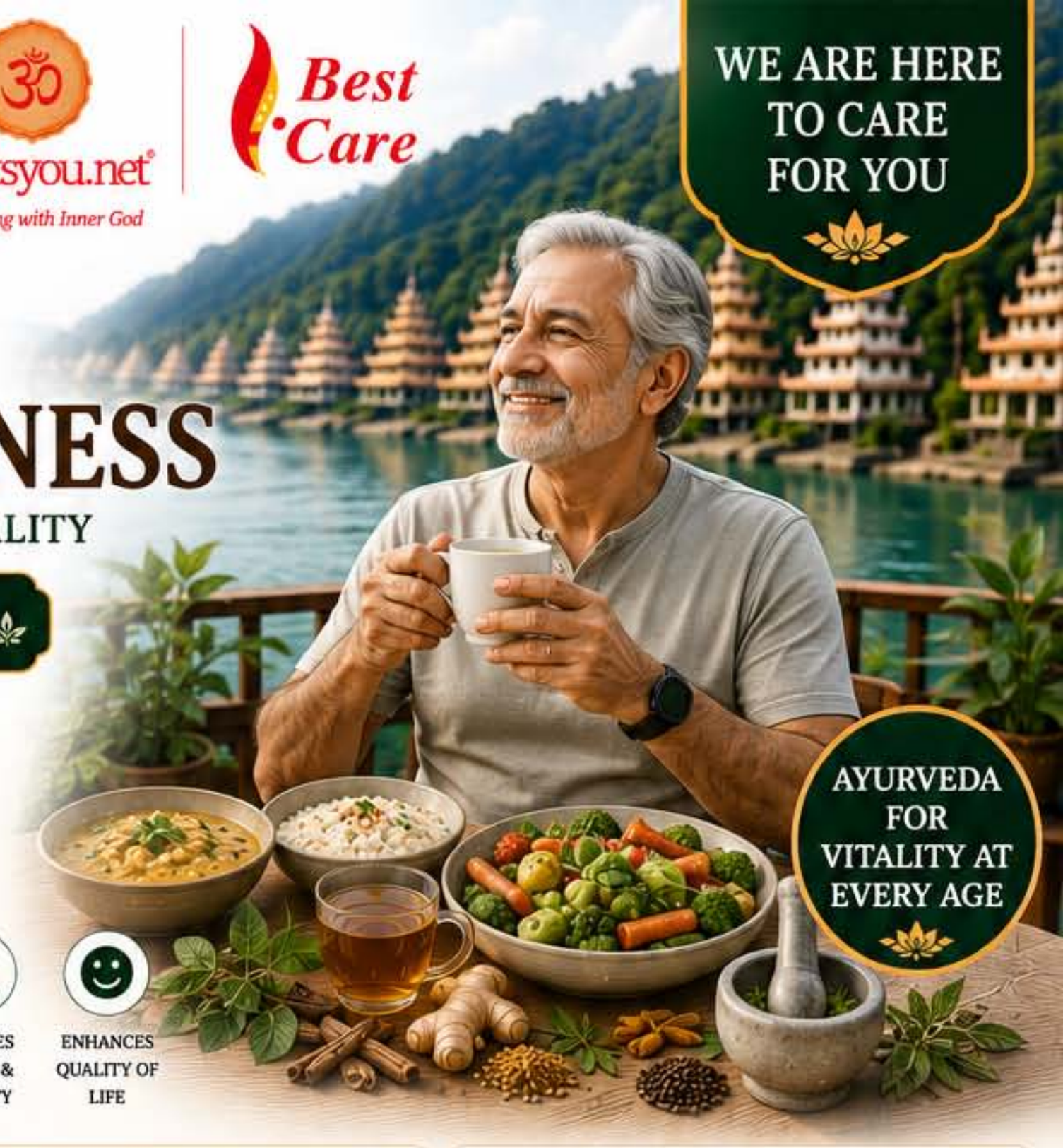
MEN'S SENIOR WELLNESS

HEALTHY AGING • STRENGTH • VITALITY

NURTURE YOUR BODY, MIND & SPIRIT AT EVERY STAGE OF LIFE

Ayurveda helps senior men stay active, strong and energetic with balanced nutrition, regular movement, stress management and natural therapies for a healthy, happy and purposeful life.



- SUPPORTS MUSCLE & STRENGTH
- SUPPORTS JOINT & BONE HEALTH
- BOOSTS IMMUNITY
- SUPPORTS HEART HEALTH
- IMPROVES MENTAL CLARITY
- REDUCES STRESS & ANXIETY
- ENHANCES QUALITY OF LIFE

PERSONALIZED AYURVEDIC CARE

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Diet & Nutrition Planning
- Herbal & Lifestyle Recommendations
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya)
- Ongoing Wellness Follow-up

NOURISHING AYURVEDIC NUTRITION

- Fresh Vegetables
- Whole Grains
- Healthy Legumes
- Fruits & Nuts
- Herbal Teas
- Ghee (In Moderation)
- Warm Water
- Ayurvedic Herbs & Spices

SATTVIC • EASY TO DIGEST • BALANCED

Eat Fresh • Eat Seasonal • Eat Mindfully
To Support Energy, Immunity & Longevity

DAILY HABITS FOR WELLNESS

- Wake up early & stay active
- Eat on time & eat mindfully
- Stay hydrated
- Regular exercise & daily movement
- Yoga & Pranayama
- Meditation & relaxation
- Good sleep & stress management
- Avoid excess screen time
- Stay positive & socially connected

YOGA & PRANAYAMA FOR SENIOR MEN

- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Baddha Konasana (Butterfly Pose)
- Anulom Vilom (Nadi Shodhana)
- Bhramari (Humming Bee Breathing)
- Deep Relaxation

BENEFITS FOR SENIOR MEN

- Supports heart health
- Maintains healthy blood pressure
- Supports muscle & bone strength
- Improves digestion & metabolism
- Enhances stamina & endurance
- Supports hormonal balance
- Improves memory & focus
- Promotes better sleep
- Encourages graceful aging
- Enhances overall quality of life

SELF-CARE & STRESS MANAGEMENT

- Abhyanga (Self Massage)
- Herbal Bath
- Reading & Learning
- Walk in Nature
- Time with Family
- Gratitude & Positivity

"Take care of your body.
It's the only place you have to live."
– Jim Rohn

OUR HOLISTIC APPROACH

- Personalized Care
- Ayurvedic Nutrition
- Yoga & Pranayama
- Natural Therapies
- Herbal Support
- Lifestyle Guidance
- Mind-Body Balance

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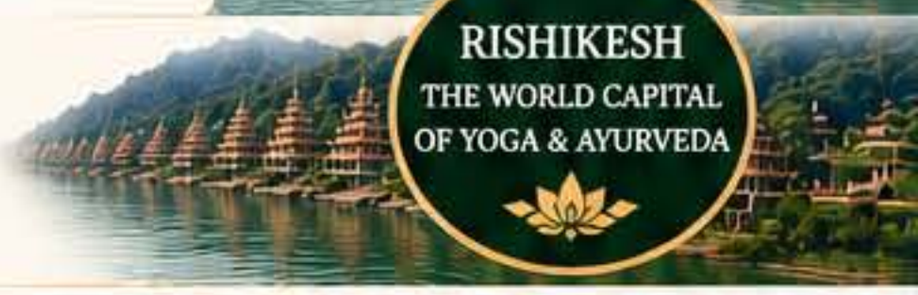

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HORMONAL BALANCE

BALANCE TODAY • WELLNESS FOREVER

NATURAL CARE • HOLISTIC APPROACH • LASTING WELLNESS

Ayurveda focuses on balancing the mind, body and hormones through personalized nutrition, healthy lifestyle, stress management and natural therapies to support overall well-being.

- BALANCES HORMONES
- REDUCES STRESS
- SUPPORTS REPRODUCTIVE HEALTH
- BOOSTS IMMUNITY
- IMPROVES SLEEP
- ENHANCES OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CARE

- Prakriti (Body Constitution) Assessment
- Hormonal Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Herbal & Lifestyle Recommendations
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya)
- Ongoing Wellness Follow-up

NOURISH YOUR HORMONES NATURALLY

- Fresh Vegetables
- Whole Grains
- Healthy Fats & Nuts
- Fruits & Berries
- Herbal Teas
- Seeds (Flax, Chia, Pumpkin)
- Ayurvedic Herbs
- Warm Water with Lemon

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

DAILY HABITS FOR HORMONAL BALANCE

- Eat on time & eat mindfully
- Stay hydrated
- Regular exercise & daily movement
- Yoga & Pranayama
- Meditation & relaxation
- Good sleep & stress management
- Avoid excess caffeine & sugar
- Stay positive & socially connected

YOGA, PRANAYAMA & MEDITATION

- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Baddha Konasana (Butterfly Pose)
- Anulom Vilom (Nadi Shodhana)
- Meditation (Humming Bee Breathing)

BENEFITS OF HORMONAL BALANCE

- Supports menstrual health & cycle regularity
- Eases PMS & menopause symptoms
- Supports thyroid & adrenal health
- Improves mood & emotional well-being
- Enhances energy, focus & productivity
- Supports healthy weight management
- Promotes glowing skin & healthy hair
- Encourages peaceful sleep
- Supports overall vitality & longevity

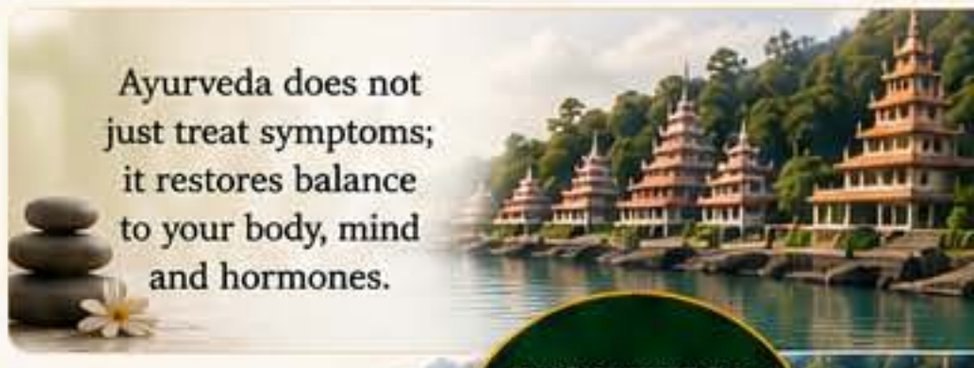
Balance Your Hormones, Balance Your Life.

AYURVEDIC LIFESTYLE TIPS

- Wake Up Early
- Drink Warm Water
- Healthy Eating
- Herbal Support
- Manage Stress
- Get Quality Sleep

CONDITIONS THAT MAY BENEFIT

- Irregular Periods / PCOS / PCOD
- Thyroid Imbalance
- PMS / Menopause Symptoms
- Stress, Anxiety & Mood Swings
- Fatigue & Low Energy
- Acne, Hair Fall & Skin Issues
- Weight Management Challenges



+91 7904218828
+91 9405225604
www.omayurveda.org
info@omayurveda.org
Rishikesh, Uttarakhand, India

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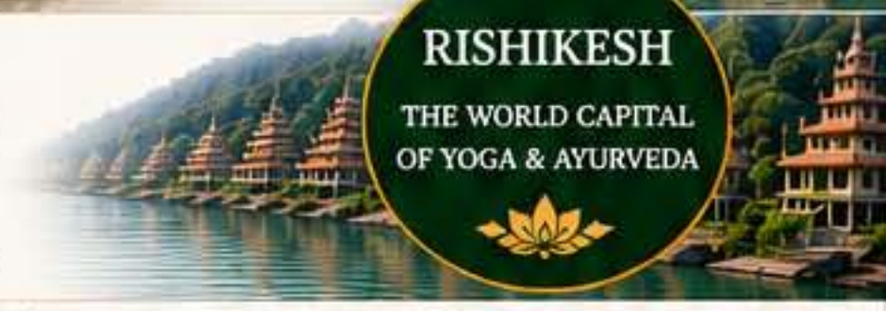
HOLISTIC CARE, NATURAL HEALING



AUTHENTIC AYURVEDIC CARE | EXPERIENCED AYURVEDIC DOCTORS | PERSONALIZED TREATMENT | NATURAL & SAFE THERAPIES | HOLISTIC CARE FOR BODY, MIND & SOUL | PEACEFUL ENVIRONMENT IN RISHIKESH

Disclaimer: This program is designed to support overall wellness and is not a substitute for medical care.
Please consult your physician for any medical conditions or concerns.

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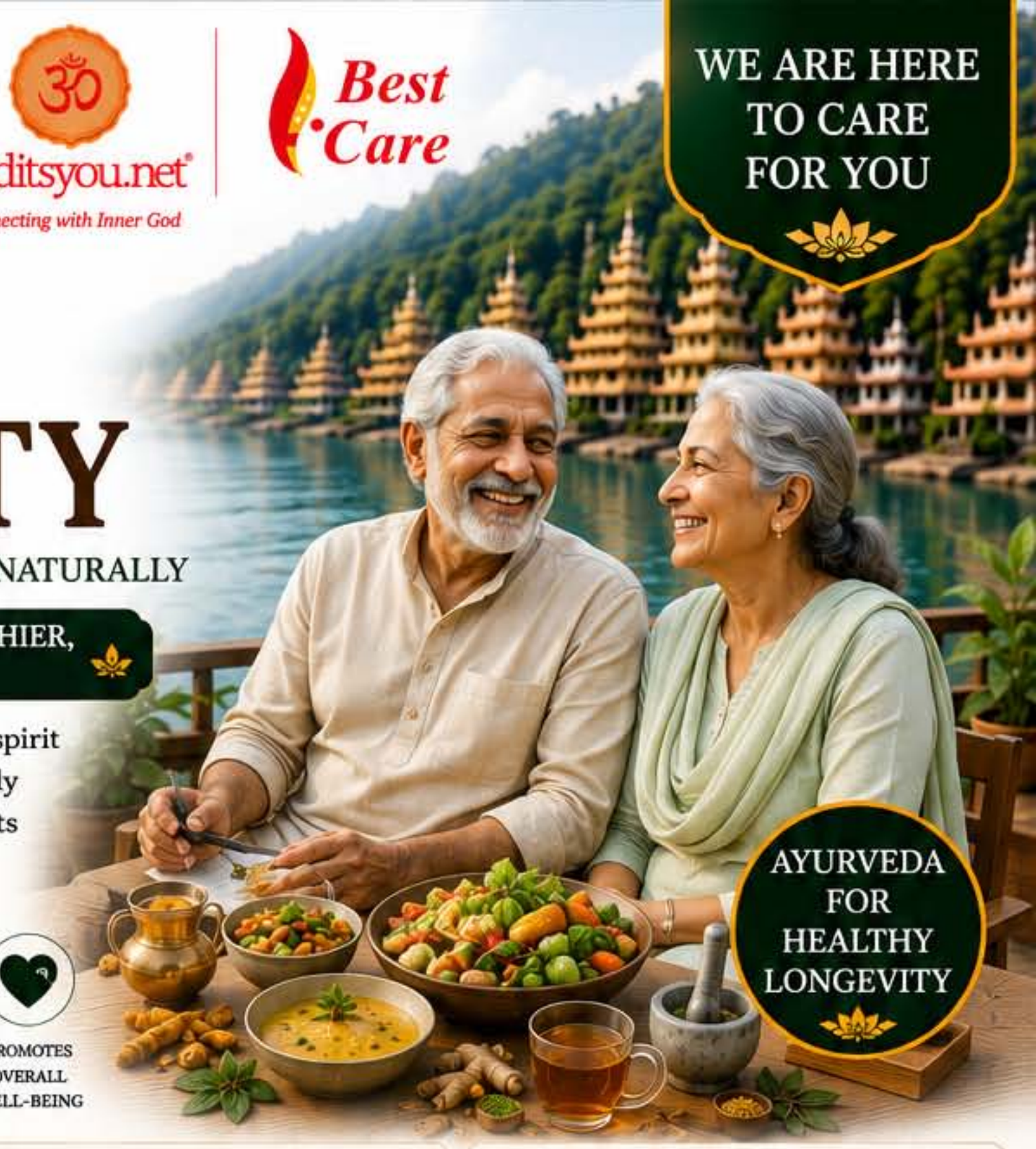
HEALTHY LONGEVITY

LIVE WELL • AGE GRACEFULLY • THRIVE NATURALLY

THE AYURVEDIC WAY TO A LONGER, HEALTHIER, HAPPIER LIFE

Ayurveda focuses on balancing the body, mind and spirit through personalized care, wholesome nutrition, daily routines, natural therapies and positive lifestyle habits to promote healthy aging and longevity.



- SUPPORTS HEALTHY AGING
- BOOSTS IMMUNITY
- ENHANCES VITALITY
- IMPROVES MENTAL CLARITY
- REDUCES STRESS
- PROMOTES OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya)
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

NOURISH YOUR BODY NATURALLY

Fresh Vegetables | Whole Grains | Legumes & Nuts | Fruits & Berries

Herbal Teas | Ayurvedic Herbs | Healthy Oils (Ghee) | Warm Water with Lemon

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Sattvic food supports digestion, immunity, energy and overall well-being.

DAILY HABITS FOR LONGEVITY

- Wake up early & stay active
- Eat on time & eat mindfully
- Stay hydrated
- Regular exercise & daily movement
- Yoga & Pranayama
- Meditation & relaxation
- Good sleep & stress management
- Stay connected & positive
- Follow daily routine with discipline

YOGA, PRANAYAMA & MEDITATION

Pranayama | Yoga | Walking | Meditation

Improves flexibility, builds strength, calms the mind, boosts energy and supports healthy aging.

BENEFITS OF HEALTHY LONGEVITY

- Supports heart health
- Strengthens bones & joints
- Improves digestion & metabolism
- Enhances energy & stamina
- Improves memory & concentration
- Supports hormonal balance
- Promotes better sleep
- Reduces risk of lifestyle disorders
- Encourages graceful aging
- Enhances overall quality of life

AYURVEDIC LIFESTYLE TIPS

Abhyanga (Oil Massage) | Herbal Bath | Healthy Sleep

Read & Learn | Spend Time in Nature | Gratitude & Positivity

Small daily habits create a lifetime of wellness.

THE 5 PILLARS OF AYURVEDIC LONGEVITY

NUTRITION | MOVEMENT | REST & SLEEP | MENTAL WELL-BEING | POSITIVE LIFESTYLE

A balanced lifestyle today, creates a healthier, longer and more meaningful tomorrow.

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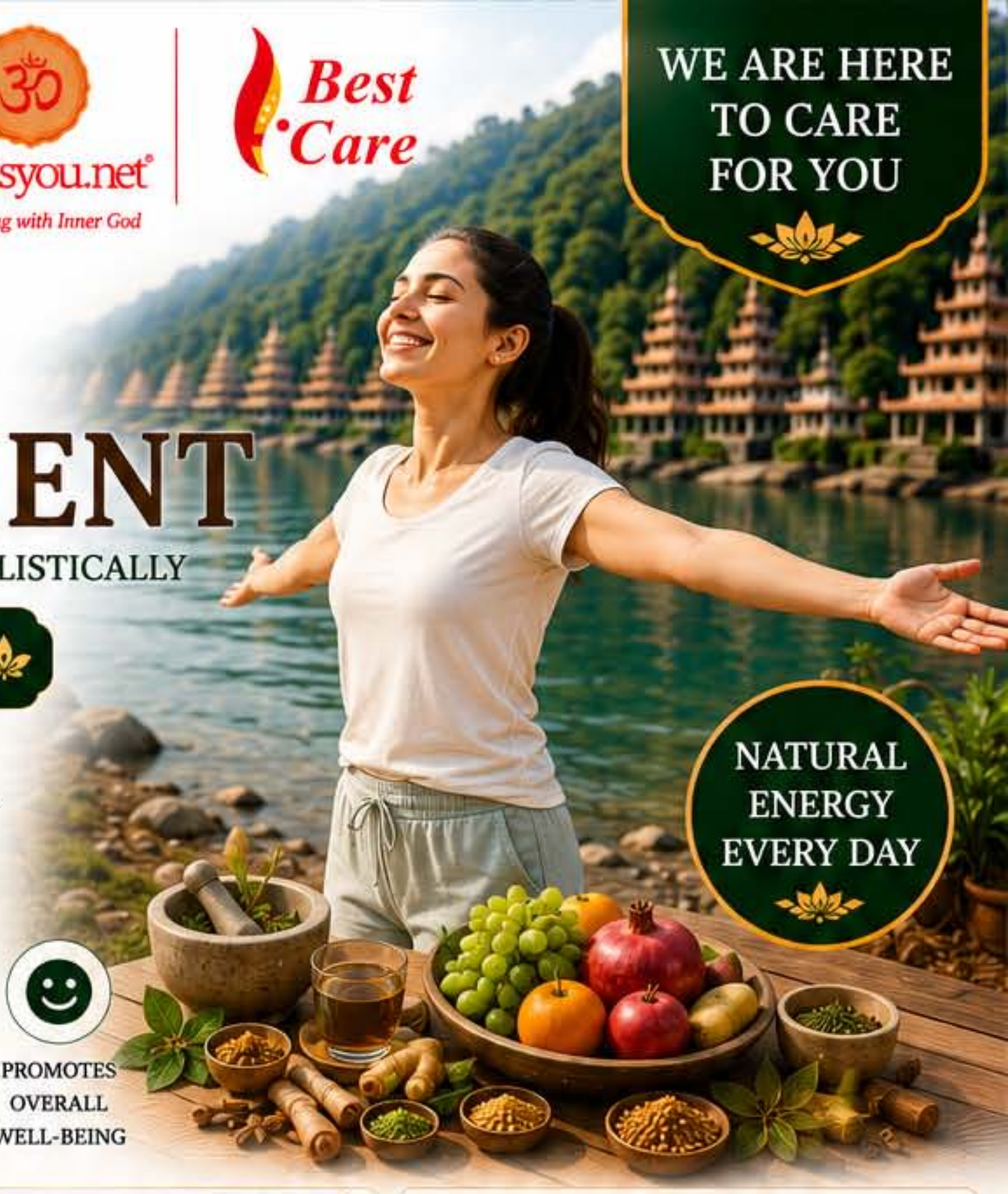
ENERGY ENHANCEMENT

BOOST YOUR VITALITY • NATURALLY & HOLISTICALLY



AYURVEDIC WISDOM FOR LASTING ENERGY & WELL-BEING

Ayurveda helps restore natural energy by balancing the body, mind and spirit through personalized care, nutritious food, yoga, pranayama, herbs and healthy daily routines.

- BOOSTS ENERGY LEVELS
- SUPPORTS IMMUNITY
- REDUCES STRESS & FATIGUE
- ENHANCES MENTAL CLARITY
- IMPROVES STAMINA & STRENGTH
- PROMOTES OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CARE

- Prakriti (Body Constitution) Assessment
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- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

NOURISH YOUR BODY NATURALLY

Fresh Vegetables | Whole Grains | Legumes & Nuts | Fruits & Berries

Herbal Teas | Ayurvedic Herbs | Healthy Fats | Warm Water with Lemon

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Sattvic food supports digestion, immunity, energy and overall well-being.

DAILY HABITS FOR HIGH ENERGY

- Wake up early & stay active
- Eat on time & eat mindfully
- Stay hydrated
- Regular exercise & daily movement
- Yoga & Pranayama
- Meditation & relaxation
- Good sleep & stress management
- Avoid excess caffeine & sugar
- Follow daily routine with discipline

YOGA & PRANAYAMA FOR VITALITY

Tadasana (Mountain Pose) | Surya Namaskar (Sun Salutation) | Vrikshasana (Tree Pose) | Anulom Vilom (Nadi Shodhana) | Bhastrika Pranayama

Regular yoga & pranayama improve oxygen flow, reduce stress and energize body & mind.

BENEFITS OF ENERGY ENHANCEMENT

- Increases natural energy
- Improves focus & concentration
- Enhances physical performance
- Supports immune system
- Reduces tiredness & fatigue
- Improves mood & motivation
- Promotes healthy sleep
- Supports overall vitality & longevity

AYURVEDIC ENERGY BOOSTERS

Ashwagandha (Strength & Stamina) | Shatavari (Nourishment) | Amla (Rejuvenation)

Tulsi (Immunity) | Guduchi (Detox & Energy) | Ghee (Ojas & Vitality)

* Use herbs under the guidance of an Ayurvedic expert.

OUR HOLISTIC APPROACH

- Balanced Nutrition
- Yoga & Pranayama
- Herbal Support
- Lifestyle Guidance
- Mind-Body Balance
- Natural & Safe Therapies

BALANCED HABITS TODAY VIBRANT ENERGY TOMORROW

Experience authentic Ayurveda in the peaceful surroundings of

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WE ARE HERE
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FATIGUE MANAGEMENT

RESTORE ENERGY • REDUCE TIREDNESS • LIVE BETTER

FEEL
REFRESHED
RECHARGED
REVITALIZED

AYURVEDIC CARE FOR LASTING ENERGY AND DAILY WELL-BEING

Ayurveda addresses the root causes of fatigue by balancing the body, mind and lifestyle through nutrition, yoga, herbs, daily routines and holistic therapies.

- REDUCES FATIGUE
- BOOSTS ENERGY LEVELS
- SUPPORTS IMMUNITY
- IMPROVES MENTAL CLARITY
- ENHANCES STAMINA & ENDURANCE
- PROMOTES OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CONSULTATION

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- Personalized Diet & Nutrition Plan
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- Ongoing Wellness Follow-up

NOURISH YOUR BODY NATURALLY

Fresh Vegetables | Whole Grains | Legumes & Nuts | Fruits & Berries

Herbal Teas | Ayurvedic Herbs | Healthy Fats | Warm Water with Lemon

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Sattvic food supports digestion, energy, immunity and overall well-being.

DAILY HABITS TO OVERCOME FATIGUE

- Wake up early & stay active
- Eat on time & eat mindfully
- Stay hydrated
- Regular exercise & daily movement
- Yoga & Pranayama
- Meditation & relaxation
- Good sleep & rest
- Manage stress effectively
- Avoid excess caffeine & sugar
- Follow daily routine with discipline

YOGA & PRANAYAMA FOR ENERGY

Surya Namaskar (Sun Salutation) | Tadasana (Mountain Pose) | Anulom Vilom (Nadi Shodhana) | Bhramari (Humming Bee Breathing)

Improves oxygen flow, reduces stress, boosts energy and enhances vitality.

BENEFITS OF FATIGUE MANAGEMENT

- Increases natural energy
- Improves focus & concentration
- Reduces physical & mental tiredness
- Enhances productivity & performance
- Supports immune health
- Improves sleep quality
- Balances body, mind & emotions
- Encourages healthy lifestyle habits
- Enhances overall quality of life

AYURVEDIC ENERGY BOOSTERS

Ashwagandha (Strength & Stamina) | Shatavari (Nourishment) | Amla (Rejuvenation)

Guduchi (Immunity) | Tulsi (Adaptogen) | Ghee (Ojas & Vitality)

* Use herbs under the guidance of an Ayurvedic expert.

OUR HOLISTIC APPROACH

- Balanced Nutrition
- Yoga & Pranayama
- Herbal Support
- Lifestyle Guidance
- Mind-Body Balance
- Natural & Safe Therapies

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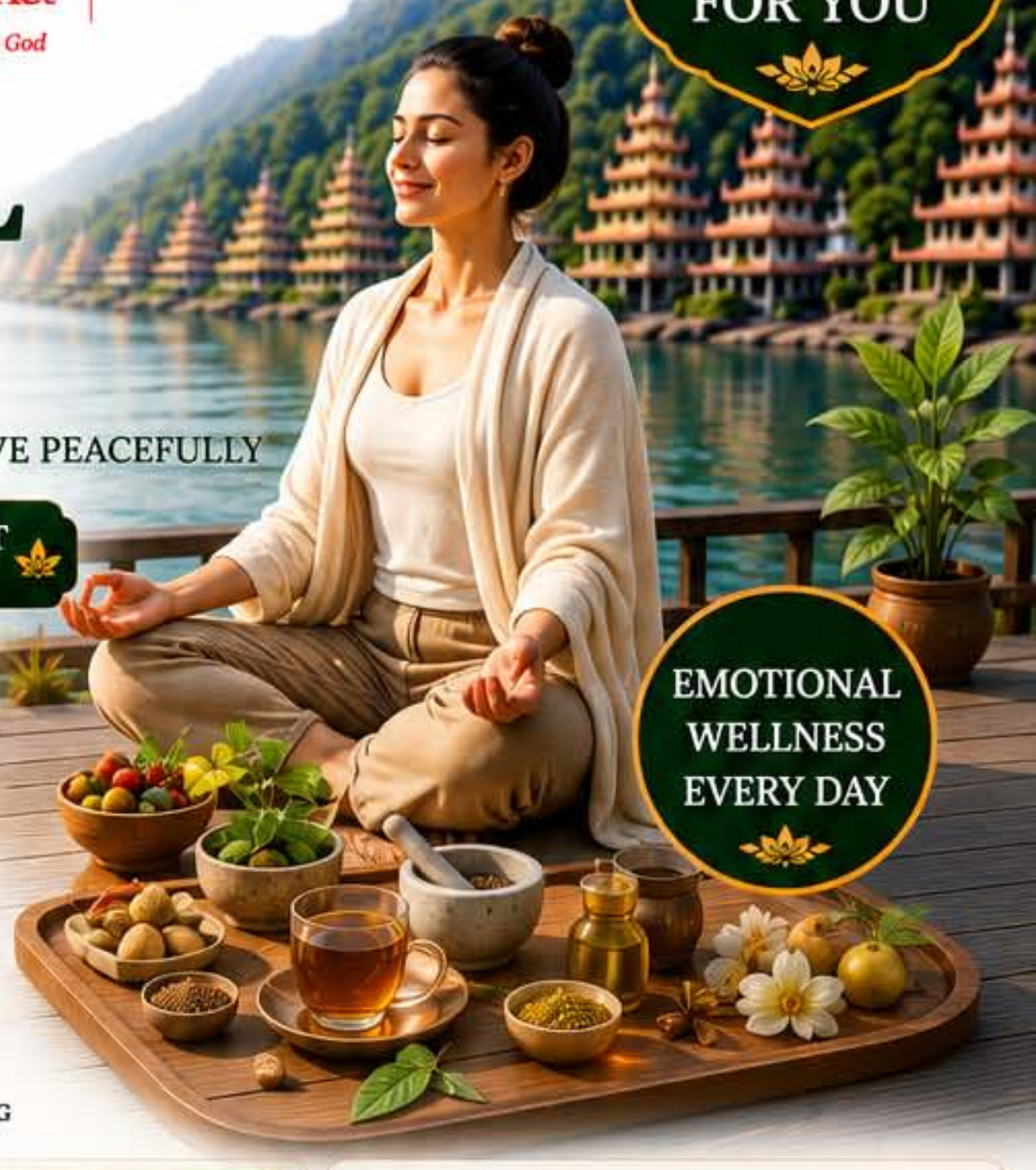
EMOTIONAL WELLNESS

NURTURE YOUR MIND • BALANCE YOUR EMOTIONS • LIVE PEACEFULLY



AYURVEDIC CARE FOR A PEACEFUL MIND, BALANCED HEART
A HAPPIER, HEALTHIER YOU

Ayurveda focuses on balancing the mind, body and spirit through personalized care, nutritious food, yoga, meditation, daily routines and natural therapies to support emotional well-being and inner peace.

- REDUCES STRESS & ANXIETY
- ENHANCES MOOD & HAPPINESS
- PROMOTES INNER PEACE
- SUPPORTS EMOTIONAL BALANCE
- IMPROVES MENTAL CLARITY
- SUPPORTS OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Emotional Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
- Seasonal Care (Ritucharya)
- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

NOURISH YOUR MIND & BODY

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Sattvic food supports emotional balance, mental clarity and overall well-being.

DAILY HABITS FOR EMOTIONAL WELLNESS

- Wake up early & practice gratitude
- Eat on time & eat mindfully
- Stay hydrated
- Yoga & Pranayama
- Meditation & relaxation
- Spend time in nature
- Good sleep & digital detox
- Connect with loved ones
- Follow daily routine with discipline

YOGA & PRANAYAMA FOR INNER PEACE

Regular yoga and pranayama calm the mind, reduce stress and bring emotional balance.

BENEFITS OF EMOTIONAL WELLNESS

- Reduces stress and anxiety
- Enhances mood and positivity
- Improves focus and concentration
- Promotes better sleep
- Builds emotional resilience
- Enhances self-awareness
- Strengthens relationships
- Improves overall quality of life

AYURVEDIC SUPPORT FOR EMOTIONAL BALANCE

* Use herbs under the guidance of an Ayurvedic expert.

MINDFUL PRACTICES

Meditation · Gratitude Journaling · Breathing Exercises · Mindful Walking · Positive Affirmations

EMOTIONAL BALANCE CREATES A BEAUTIFUL LIFE

Take care of your mind today for a happier tomorrow.

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ANXIETY MANAGEMENT

CALM YOUR MIND • BALANCE YOUR EMOTIONS • LIVE PEACEFULLY

FIND CALM
FIND BALANCE
FIND YOUR
INNER PEACE

AYURVEDIC CARE FOR A CALM MIND, BALANCED NERVES & EMOTIONAL WELL-BEING

Ayurveda addresses the root causes of anxiety by balancing the body, mind and spirit through personalized care, nourishing food, yoga, meditation, herbs and healthy daily routines.

- REDUCES ANXIETY & WORRY
- PROMOTES RELAXATION & CALM
- BALANCES EMOTIONS
- SUPPORTS MENTAL CLARITY
- IMPROVES SLEEP QUALITY
- SUPPORTS OVERALL WELL-BEING

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
- Emotional Health & Lifestyle Evaluation
- Personalized Diet & Nutrition Plan
- Daily Routine (Dinacharya) Guidance
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- Herbal & Lifestyle Recommendations
- Ongoing Wellness Follow-up

NOURISH YOUR MIND & BODY NATURALLY

Fresh Vegetables | Whole Grains | Nuts & Seeds | Fruits & Berries

Herbal Teas | Ayurvedic Herbs | Warm Water with Lemon | Healthy Fats

EAT FRESH • EAT SEASONAL • EAT MINDFULLY

Sattvic food supports a calm mind, balanced emotions and overall well-being.

DAILY HABITS FOR EMOTIONAL BALANCE

- Wake up early & practice gratitude
- Eat on time & eat mindfully
- Stay hydrated
- Yoga & Pranayama
- Meditation & relaxation
- Spend time in nature
- Limit screen time & digital detox
- Connect with loved ones
- Follow daily routine with discipline

YOGA & PRANAYAMA FOR CALMNESS

Anulom Vilom (Balances Mind) | Bhramari (Relaxes Nerves) | Chandra Bhedana (Cools & Calms) | Nadi Shodhana (Balances Energy)

Regular yoga & pranayama reduce stress, calm the mind and bring balance.

BENEFITS OF ANXIETY MANAGEMENT

- Reduces stress and anxiety
- Enhances mood and positivity
- Improves focus and concentration
- Supports emotional resilience
- Promotes better sleep
- Balances nervous system
- Improves overall quality of life

AYURVEDIC SUPPORT FOR CALM & BALANCE

Ashwagandha (Stress Support) | Brahmi (Mental Clarity) | Jatamansi (Calming Herb)

Shankhpushpi (Nerve Support) | Tulsi (Adaptogen) | Rose Tea (Soothing)

* Use herbs under the guidance of an Ayurvedic expert.

OUR HOLISTIC APPROACH

- Personalized Care
- Yoga & Pranayama
- Herbal Support
- Mindfulness & Meditation
- Lifestyle Guidance

A CALM MIND
BRINGS INNER STRENGTH
AND CREATES A
BEAUTIFUL LIFE.

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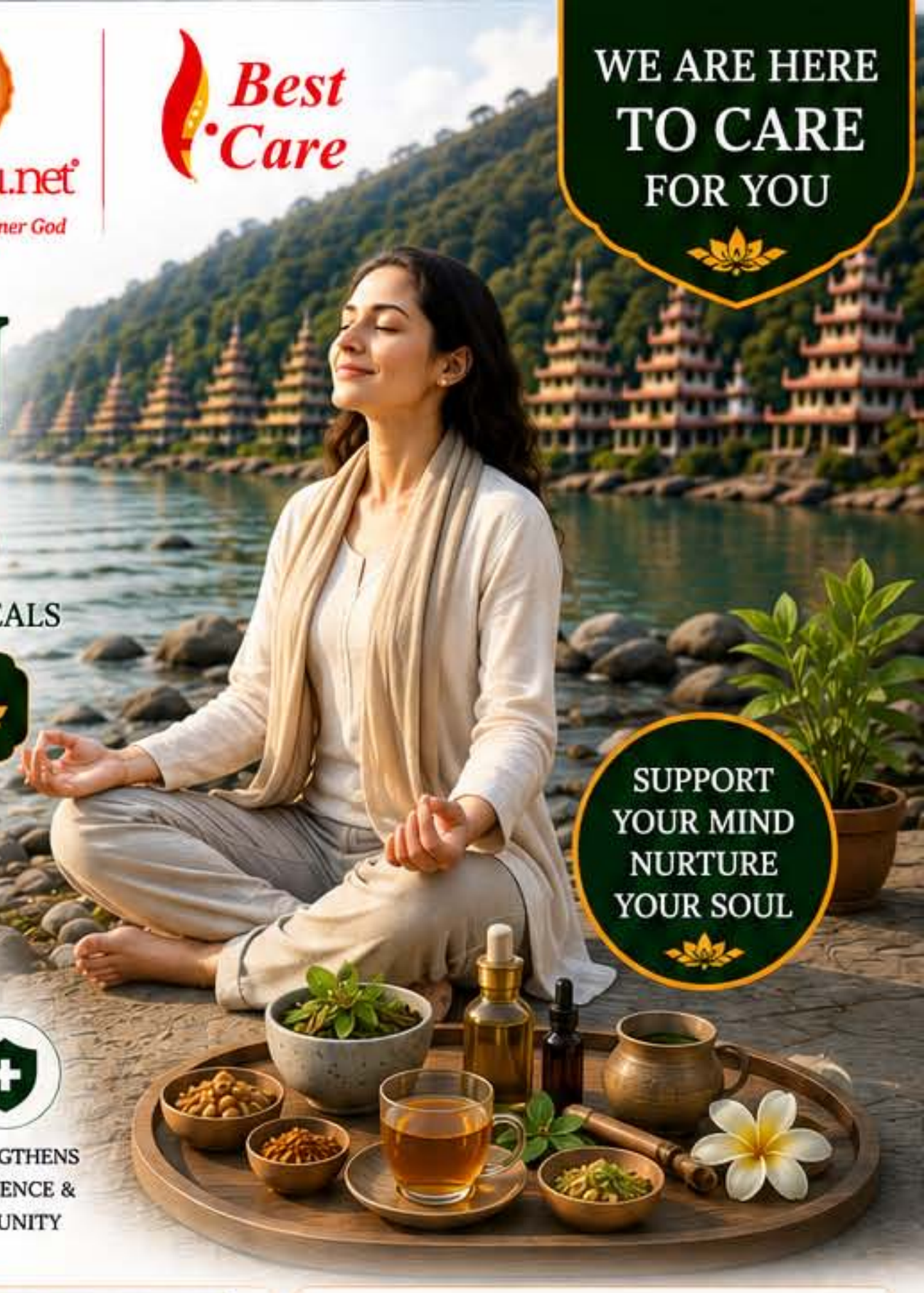
DEPRESSION AWARENESS

YOU ARE NOT ALONE • SUPPORT MATTERS • HOPE HEALS



AYURVEDIC CARE FOR EMOTIONAL WELL-BEING, RESILIENCE & A BETTER QUALITY OF LIFE

Ayurveda believes in balancing the mind, body and spirit through personalized care, nourishing food, yoga, meditation, herbs and daily routines that support emotional well-being and mental clarity.

- REDUCES STRESS & OVERWHELM
- ENHANCES MOOD & EMOTIONAL BALANCE
- PROMOTES RELAXATION & CALM
- SUPPORTS MENTAL WELL-BEING
- IMPROVES FOCUS & CLARITY
- STRENGTHENS RESILIENCE & IMMUNITY

PERSONALIZED AYURVEDIC CONSULTATION

- Prakriti (Body Constitution) Assessment
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Sattvic food supports a calm mind, emotional balance & overall well-being.

DAILY HABITS FOR EMOTIONAL WELLNESS

- Wake up early & practice gratitude
- Eat on time & eat mindfully
- Stay hydrated
- Yoga & Pranayama
- Meditation & relaxation
- Spend time in nature
- Connect with loved ones
- Limit screen time & digital detox
- Follow daily routine with discipline
- Seek help & talk about your feelings

YOGA & PRANAYAMA FOR CALM & BALANCE

Tadasana (Mountain Pose) | Vrikshasana (Tree Pose) | Anulom Vilom (Nadi Shodhana) | Bhramari (Humming Bee Breathing)

Regular yoga & pranayama calm the mind, reduce anxiety & support emotional balance.

BENEFITS OF DEPRESSION AWARENESS

- Increases self-awareness
- Improves mood & positivity
- Reduces stress & anxiety
- Encourages healthy habits
- Supports better sleep
- Builds emotional resilience
- Strengthens relationships
- Improves overall quality of life

AYURVEDIC SUPPORT FOR EMOTIONAL BALANCE

Ashwagandha (Strength & Calm) | Brahmi (Mental Clarity) | Jatamansi (Calming Herb)
Shankhpushpi (Memory Support) | Tulsi (Purifies Mind) | Rose Tea (Mood Uplifter)

* Use herbs under the guidance of an Ayurvedic expert.

OUR HOLISTIC APPROACH

- Personalized Care
- Yoga & Pranayama
- Meditation & Mindfulness
- Herbal Support
- Lifestyle Guidance

IT'S OKAY TO NOT BE OKAY.
IT'S OKAY TO ASK FOR HELP.
YOU MATTER.
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