



OUR CONTACT



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 **CHOPRA CENTER**
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WHAT ARE THE BENEFITS OF PERFECT HEALTH?

By practicing the techniques learned in the Perfect Health Ayurveda Lifestyle program you will be able to

- Reduce stress
- Identify your mind body personality
- Improve your digestion
- Release emotional toxicity
- Restore vitality
- Re-awaken the senses

PERFECT HEALTH PROGRAM

WITH THE CHOPRA CENTER'S
PERFECT HEALTH AYURVEDIC
LIFESTYLE PROGRAM



DEVELOPED BY
DEEPAK CHOPRA, M.D AND DAVID SIMON, M.D.
CO-FOUNDERS OF THE CHOPRA CENTER FOR
WELLBEING - chopra.com

PERFECT HEALTH PROGRAM

WHAT IS THE PERFECT HEALTH PROGRAM?

Based on the global bestseller Perfect Health by Deepak Chopra, M.D., the Perfect Health Ayurvedic Lifestyle program teaches you to bring balance and healing into your life. Students will learn a powerful regimen of Ayurveda practices designed to balance the body and mind, enhance nutrition, reduce emotional turbulence, and re-awaken the senses.



HOW WILL PERFECT HEALTH AFFECT MY LIFE?



It will help you identify the imbalances in your life and how to correct them.



You will learn how to release emotions in a healthy way, so that they do not build up in your physiology.



You learn how to manage stress to make your body function with maximum effectiveness, Creating health and vitality.



WHAT WILL I LEARN IN THE PERFECT HEALTH PROGRAM?

SESSION 1

Your Chopra center certified instructor will introduce you to the basic principles of Ayurveda, meditation, and yoga as well as the three primary mind-body personalities: Vata, Pitta, and Kapha.

SESSION 2

You will learn how to select and use the most **nourishing foods** for your mind-body personality. These nutritional practices will help you maintain vibrant health, optimized digestion.

SESSION 3

We will teach you tools to practice **conscious communication** and improve your relationships. We will help you reduce mental toxicity and increase emotional freedom.

SESSION 4

Learn to **heal with the power of your five senses**. Activate your inner pharmacy with self-massage, music, flavors, and using colors and aromatherapy to balance your life.

SESSION 5

Learn simple **techniques to rejuvenate** every day. Organize your daily routine to improve your physical and mental health, including the importance of restful sleep.