

Weekly phone calls

Each week you can call-in or listen later online to a half-hour phone call covering health maintenance for each dosha during that particular time of year.

Ayurvedic nutrition for your doshic type

Ayurvedic seasonal cleansing practices

How to use appropriate herbs, spices, and essential oils for your imbalances and constitution

Creating of spice waters for personal use

Ayurvedic spice blends and teas

Healing Light Yoga

Heart-Based Meditation

Remedying chakra imbalances

Remedying dosha imbalances

Emotional release techniques

Bliss technique

Ayurvedic beauty “secrets”

Abhyanga [oil-massage]

Healthy transitions into menopause/man-opause (if appropriate)

Ayurvedic daily routines and self-care



Cayenne pepper



Fenugreek



Cinnamon



Ginger

Monthly consults

Once a month private appointments with Dr. Lemos include a more intimate and personal investigation your doshic type and imbalances. Sessions will strategize methods to optimize health and happiness. These appointments include an in-depth investigation into your overall health; body, mind and spirit. Each appointment includes an assessment of pulses and an analysis of the tongue as windows into health and well-being. Appointments may also include Ayurvedic Spiritual Counseling and Healing Light Yoga. Based on her assessments, Dr. Lemos will give nutrition and self-care routine recommendations, create spice blends, custom tea blends and spice water blends and offer herbal formulas and aromatherapy as needed to optimize health.

Also included in the course:

Two beautiful Ayurvedic Cookbooks

A starter supply of Ayurvedic oil for self-massage

Samples of Ayurvedic teas and spices [churnas]

Training in Heart-Based Meditation

Ayurvedic recipes

Membership in ‘secret’ facebook group

Ongoing support via email

Examination of Jyotish (Vedic) astrological natal chart

Seasonal 1-day Ayurvedic workshops included

Option to join additional Yoga & Ayurveda Workshops at a 50% discounted rate





The year-long course includes:

Monthly private appointments with
Justine Lemos, PhD

Appointments can be live or via Skype.

Weekly ½ hour recorded phone calls
focusing on using Ayurveda to bring
every aspect of your life into balance.

Phone calls can be attended live or you
can listen via recording.

Personal guidance for bringing mind,
body and spirit into balance.

The magic of this program is that we
have the space of an entire year to
create lasting habits and
deep wellness.



Justine Lemos, PhD

is an Ayurvedic Practitioner
trained in Ayurveda,
Ayurvedic Spiritual Counseling,
Healing Light Yoga and
Jyotish (Vedic Astrology).
Justine is also an E-800
Registered Yoga Teacher.

Applications

for this course are available here:
MENDOVEDA.COM/APPLICATION
After receiving your application we
will schedule an appointment via Skype
or in person to determine whether
this program is a good fit for you.

AYURVEDIC Wellness



A YEAR-LONG COURSE TO ESTABLISH

deep balance

Find your center with Ayurveda
An experience of personal transformation