

Ayurvedic

WELLNESS CONSULTATIONS

SHANTI MANDIR

SUNDAY, SEPTEMBER 30, 2:00–5:00 PM

ONE HOUR CONSULTATION PER PERSON WITH
AMI JAYAPRADA HIRSCHSTEIN, AHC, C-IAYT



**Ami Jayaprada Hirschstein,
AHC, C-IAYT**

Ami Jayaprada Hirschstein is a certified Ayurveda Health Counselor and certified Yoga Therapist. She owned Jai Ma Yoga Center and YogAlive in New Paltz for 18 years. Ami has been practicing the healing arts and teaching yoga since 1995. Her approach is holistic, combining the “Sister Sciences” of Ayurveda with Therapeutic Yoga.

Ayurveda is the ancient healing science of India and sister science to yoga. Based on a five elemental theory, Ayurveda works on creating balance through diet and lifestyle. It considers each person a unique combination of the five elements and gives tools accordingly. Ami will offer you doshic specific self-care, diet, lifestyle and herbal recommendations so that you can live a healthier more balanced life. No knowledge of Ayurveda is necessary.

Fee: \$101.00 per person

Call 845-778-1008 to register



“When I met with Ami for my initial consultation, I was in rough shape – physically, spiritually, and emotionally. Ami listened attentively, asked astute questions, and held a space of non-judgment and compassion. She identified my doshas, explained their imbalances, and then suggested a series of concrete, therapeutic methods I could use to rebalance my doshas. I am happy to say that I feel better, more nourished, and very grounded. What you will find in Ami is a dedicated ayurvedic practitioner who is passionate about helping her clients regain and restore their energy and spirits. I am deeply blessed to have worked with her.”

–S



51 Muktananda Marg (off Route 208 between Walden and the village of Wallkill), Walden, NY 12586
Call (845) 778-1008 for more information.
www.shantimandir.com