

## **One-Day Course: “Stress-Free Living through Ayurveda: A Path to Longevity and Peace”**

Feeling overwhelmed, anxious, or mentally drained? Discover the timeless wisdom of Ayurveda to restore balance and inner calm.

✦ **Join the exclusive one-day course** and learn how to manage stress naturally through holistic Ayurvedic principles.

### ◆ **What you’ll learn:**

- Understanding stress from an Ayurvedic perspective
- Role of Doshas in mental health
- Simple daily routines (Dinacharya) for stress relief
- Herbal remedies and diet for calming the mind
- Key Marma Points and Specific Yoga postures for Stress relief
- Breathing techniques, meditation & relaxation practices

### ◆ **Who can attend?**

Healthcare professionals, students, wellness enthusiasts, or anyone seeking natural stress relief

**Date:** 14-06-2026

**Duration:** 10.00 am to 5.30 pm

**Venue:** Green Office , Westbahnstrasse 7/6a, 1070, Wien

**Language of Instruction :** English

**Batch Size :** Minimum 7 participants , Maximum 15 participants

**Cost :** 185 Euros per person , which includes the Course fees , Slide Handouts of the presentation , Ayurvedic vegetarian Lunch and tea .

☎ **Register Now:** Kindly contact me at [consultantayurvedic@gmail.com](mailto:consultantayurvedic@gmail.com) or on my what’s app number 0091 9820220413

♥ **Live calmer , Live longer through Ayurveda**