

LIFE WEAVER 

# *The Ayurveda Journey*

## *Consultations*

### #1. Freebie Chemistry Session (30 min)

Chat with Elisabeth for a Soul engaging and Informative talk about Ayurveda. I believe - establishing common grounds and alignment and mutual expectations are the most important first step.

**USD 0.00/ ZAR 0.00**

### #2. IIC - The Initial Intake Consultation (120 min)

**Every 1st step into Ayurveda is starting to KNOW - WHO/ WHAT ARE YOU at level of Essence? - That is the basis of ONE's existence and energy construct. What are your predominant basic building blocks of your individualised constitution. Are you more a VATA or A PITTA or KAPHA ?**

**Let's find out!**

Through an intensive and comprehensive interview for background understanding and other Ayurvedic tools, the Prakruti and Vikruti is determined.

Once the Original Divine Blue-Print ('Prakruti') is known - we can determine the current state of balance ('Vikruti').

The current state of balance will determine the treatment plan.

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### #2. IIC - The Initial Intake Consultation ..../cont.

**The following is assessed during the initial Consultations.**

- § Structural Body
- § Functional Body
- § Personality Construct
- § Habits & Lifestyle
- § Tongue Diagnosis
- § Pulse Diagnosis

**USD108.00/ ZAR 2000.00**

### #3. ROF- Report of Findings Session (60min)

After approx. 7-10 days, you will meet with Elisabeth to discuss the Analysis of your Doshic Construct and your possible imbalances with a brief perspective of Ayurveda.

In addition, you will receive a Report in.

(This session/ report does not include a Treatment Plan yet.)

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### #4. FUV- Follow-up Visits ( 60 - 70min)

Based on the analyses, Elisabeth will create an individualized treatment plan which is personalised specifically tailored to suit;- the nature of your Person, nature of the imbalance / disease/ ailment and the nature of your personal environment.

The treatment plan may include dietary adjustments, recommended exercises and 5 senses healing modalities.

The ultimate goal of the Follow-Up Sessions are regular check-ins with the client on progress, previous & arising challenges as we strongly wish to ensure successful implementation of a treatment plan with lasting effects.

As your personal guide, I wish to be a strong pillar of support during the process.

We endeavor to work through the physical body, etheric body and spirit, as our body cannot be isolated from emotion, mental states and spirit. During the 1st sessions we will focus greatly on balancing the food body, but sleep, exercise & creative energy, senses will also be looked into.

**USD72.00/ ZAR 1250.00**

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#### #5. Wellness, Healthy Nutrition Plans & Lifestyle Support

##### **This offer is for:**

Individuals who already are familiar with their Original Constitution determined by an Ayurvedic Practitioner but need some support on a certain imbalance or clarifying some uncertainties. Mostly such Individuals had gone through an Ayurvedic journey before, but wish to revisit their situation or to regain clarity and iron out some 'ripples' uncertainties on Ayurvedic Content.

This offer also speaks to Individuals who have weight loss/gain endeavours or who would love to receive more wisdom teachings on Ayurveda. (Typically- individuals who resonate with gaining more knowledge on Ayurveda or those that feel rusty on the topics.)

Topics could include - Ayurvedic Principles, Elements & Doshas, Ayurvedic Nutrition, Herbs & Spices, Tissue Building in the Body, Exercise plans, Weight loss, Seasonal and Life's cycles, Crystals & Color vibrations, Chakras, Alignment with Nature, Interconnected relationships, the subtle body, path to enlightenment.

**USD72.00 - 108.00 / ZAR 1250.00 - 2000.00**