

# What is Ayurveda: the science of life?

Originating thousands of years ago in India, Ayurvedic medicine (Ayurveda) is one of the oldest medical systems in the world. Ayurveda literally means “the science of life” (Ayur=life, Veda=science or knowledge).

Ayurveda embodies the universal truth that where there is balance, there is health, where there is imbalance, there is disease. Ayurveda addresses the root cause of disease. Ayurvedic practices are used to prevent, manage, and treat all aspects of an individual’s health on a physical, mental, and spiritual level, using **food, herbs, aromatherapy, massage, music, yoga, meditation, and the deep importance of connecting to nature**, using “sadhana” - conscious well intentioned choices, during each of the four seasons.

Ayurveda stresses the importance of balancing three energies that make up our nature or constitution, called our doshas: Vata (air and space), Pitta (fire and water), and Kapha (water and earth). When these energies, inherent in all of us, are out of balance, the body is more susceptible to stress and “dis-ease.” Ayurveda recognizes that each person is a unique individual with specific needs. It is a conscious practice that gives us a pathway to good health, healing, and enlightenment.



## Karma Yoga

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## Karma Yoga’s Ayurveda Team



Good health integrates  
mind, body,  
and spirit.



## Kelly Haskee

has practiced and studied in the field of Holistic Healing for 28 years. Her passionate journey of enriched studies and certifications include Therapeutic Massage, Ayurveda, Yoga, Meditation, Aromatherapy, Sound Therapy, Reiki, Raw Food Lifestyling/Concentrated Nutrition, and Oxygen Enriched Aromatherapy. This creates a framework for clients who work in the realm of conscious awakening to uplift their vibration to happiness, rejuvenation, and a greater sense of being.



## Dave Lesinski

was introduced to the world of Ayurveda in 2008. He combines his Ayurvedic knowledge with his experiences in the education world to support people of all ages in gaining the strategies needed to bring more peace, happiness, and harmony into their lives. He has a strong belief that a disease of any kind can be prevented using natural and holistic techniques. With proper support, people of all lifestyles and beliefs can make positive growth towards living a happier and healthier life.



## Natalie Piet

teaches Ayurvedic classes and works with a limited number of private clients. Inspired by the art of living in harmony with nature, Natalie is passionate about the way yoga and Ayurveda empower people to take responsibility for their health. Natalie is a trained Ayurvedic specialist, certified yoga instructor and massage therapist, specializing in seasonal cleansing, self-care, food and herbal-based medicine, family health and women's inner medicine.



## Kate Smith

is a registered yoga teacher and chef. She completed her RYT certification with Katherine Austin in 2008. She is a devoted student of Ayurveda and has studied and cooked with Amadea Morningstar and Deva Khalsa in New Mexico. Kate is a culinary graduate of the New York Restaurant School and the author of a spiritual cookbook, *Recipes for the Journey, A Cookbook and Guide to Good Health in Recovery*.

# What We Offer

### Massage Therapy:

A technique of collective knowledge designed to your individual needs.

55 minutes: \$95 75 minutes: \$110 90 minutes: \$140

### Shirodhara

Mini Shirodhara (45 minute Head Application): \$75

Full Shirodhara (60 minute Body Oiling and Shirodhara): \$100

### Consultation:

Working with the Body, Mind, and Spirit through Concentrated Nutrition, Spiritual Practice, and Ayurveda.

30 minutes in addition to body work: \$50

45 minutes in addition to body work: \$75

### Ayurvedic Health Consultations

Discuss current imbalances and health goals and receive an individualized plan for better health and happiness. \$100

### Astrology for Life

This astrology-based counseling session supports you in delving into the deeper meanings of your habits, moods, lifestyle choices and behaviors. \$100

### Energy Restoration Therapy

60 minutes of Energy Restoration Therapy with a Post-Session discussion regarding your energy state based on the ERT session. \$100

More Ayurveda Consultations and Packages online.

### Individual Consultations

One-on-one in depth analysis of existing imbalances. Develop a clear map toward body-mind-heart wellness with practices to improve your health. \$80

### My Body is a Temple Package

Individual coaching to equip you with the tools you need to turn your body into a temple of health. We meet 3 times over 6 weeks, to gain food guides and home practices to establish true natural living a food-as-medicine diet. \$225

### Ayurvedic Cooking Classes and Coaching

Taste and experience through all of your senses Ayurvedic cooking in a beautiful setting in a state-of-the-art kitchen. Classes are offered throughout the year including Introduction to Modern Ayurvedic Cooking, Intermediate and Advanced cooking, and private classes.

Classes include demonstration with some participation, chanting, and kitchen "sadhana," and a beautiful Ayurvedic meal. Special occasion lunches and dinners tailored to participants' requests.

Gift certificates available.

Group classes start at \$75 per person. Cost of semi-private and private classes vary according to class size and content.

# Contact Us

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*Good health depends upon flow in every area of our lives.*