

CHARYM

Health & Ayurvedic Wisdom

Ayurveda is India's traditional, natural system of medicine that has been practiced for more than 5,000 years. A Sanskrit word that literally translated means "science of life" or "practices of longevity", Ayurveda emphasizes prevention of disease, rejuvenation of our body systems, and extension of life span. The profound premise and promise of Ayurveda is that through certain practices, not only can we prevent heart disease and make our headaches go away, but we can also better understand ourselves and the world around us, live a long healthy life in balance and harmony, achieve our fullest potential, and express our true inner nature on a daily basis.

**CONSULTATIONS: Friday, Oct. 2nd - 12 to 5:30p &
Saturday, Oct. 3rd - 10a - 6p \$75 - \$175**

Please call Charym to book your appointment: 860 567 7795

Hilary Garivaltis



Hilary Garivaltis, Dean of the Kripalu School of Ayurveda at the Kripalu Center for Yoga and Health in Stockbridge, MA, received her training at the New England Institute of Ayurvedic Medicine with advanced training from the Rishikesh College of Ayurveda and the Jiva Institute in India.

Hilary has served on the National Ayurvedic Medical Association Board and continues to be an advocate and supporter of Ayurvedic medicine in the United States. She works closely with institutes in India and visits on a regular basis to maintain connection with the rich heritage of India and the Vedic Traditions as well as advancing her own education in yoga and Ayurveda.

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