



Body Mind Soul

Balance

Ayurveda & Yoga

Namaste beautiful souls

I'm Laura and I live in India where I study Ayurveda in the mountain range of the Himalayas with my Teacher, Doctor & Mentor- Doctor Arun Sharma and teach children English, Yoga & other skills at The Mango Wisdom School in South India, splitting my time between North & South. Living in India has been my dream since childhood.

I also spend a few months a year working in the UK, where I was born. My work in the UK not only is my dream but also raises funds for my own ongoing study of Ayurvedic medicine, along with supporting & sustaining myself and The Mango Wisdom School which provides opportunities to a group of disadvantaged children and adults in India. More info here; <https://www.facebook.com/groups/388043068311090/about/>

I was introduced to Ayurveda through my Yoga Teacher Training Course and immediately felt a connection to this wonderful science. All the aspects of my life from working as an Interpreter for Deaf People, to fitness training, to designing community Health Promotion initiatives, to organising education provision for children with additional needs, to retail management, hospitality & business support & teaching English all came together within the beautiful & holistic framework of Ayurveda & Yoga. I understood myself, my life & felt excitement & anticipation for the future. I started to find answers to all my unanswered questions in life. Ayurveda & Yoga is coming home to the self.

The amazing science of Ayurveda has enabled me to bring under control and learn to manage life-long conditions which manifested in the form of chronic and acute inflammatory allergies, reactive arthritis and skin disease (Eczema). I have also treated and painlessly passed a kidney stone, and alleviated chronic fatigue, anxiety and stress with the support and knowledge of Ayurveda & Yoga. I have never felt healthier, happier, and more in control of my life & my health, I am peaceful

and I have endless gratitude to finding the wisdom of Ayurveda & Yoga. I want to share this to help you to do the same in your life.

I learned that the body is keeping score, and has messages for us, I was overlooking for a long-time in order to keep up with societies ideals, the messages came stronger and stronger until they could no longer be ignored. Every day, following my Yoga Asana practice I thank my body for what it does, and I apologise for ignoring it for so long.

I learned that we can understand our unique balance and there are many practices within Ayurveda & Yoga that help us to find and maintain our own unique balance, known as Prakriti in Sanskrit, the ancient, yet completely relevant language of Ayurveda & Yoga.

My view is that we have come so far from NATURE – our own & mother nature – and that AYURVEDA & YOGA are here to help us to return.

With love & blessings

Laura xxx

My qualifications;

- Ayurvedic Practitioner L2
- Health Promotion Specialist (BSc)
- Yoga Teacher
- Fitness Trainer
- British Sign Language Communicator