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The Mental Sherpa by Theta Spring Archives Available July 19th 2016: Healing with Aruveydic Medicine

Welcome to a Journey of Healing Sciences A Unique Experience of Ayurveda & Yoga. Yoga and Ayurveda are known as the "sister sciences" - different sides of the same coin. Both Yoga and Ayurveda come from the Vedas, which are ancient texts originating in India and dating back thousands of years. Join us as we speak with practitioner Neelam Singh about this unique coupling of Ayurveda and Yoga in her dynamic practice at <http://www.prithvimata.com/> out of New York City.

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Featured Guest



Neelam Singh

Neelam is a certified Ayurvedic Health Counselor and is a current member of the National Ayurvedic Medical Association ("NAMA"). She offers private consultations where after assessing the client's natural state of balance and any imbalances, she works with clients to restore balance

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