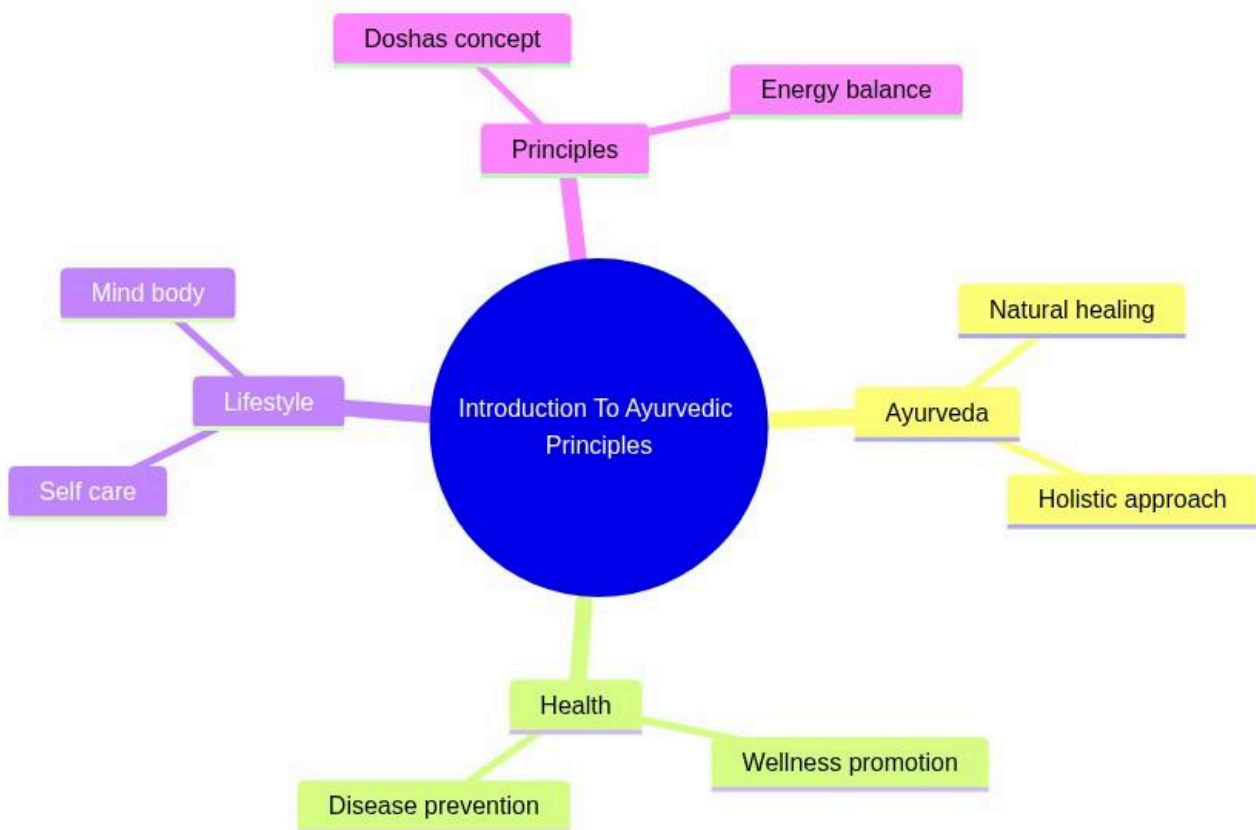


Professional Certificate in Ayurvedic Lifestyle Coaching For Women

# Introduction To Ayurvedic Principles



mindmap

```
root((Introduction To Ayurvedic Principles))
  Ayurveda
    Natural healing
    Holistic approach
  Health
    Wellness promotion
    Disease prevention
  Lifestyle
    Self care
    Mind body
  Principles
    Doshas concept
    Energy balance
```