



NAMASTE AND HAPPY HOLIDAYS!

Give the gift of *wellness* to a loved one or treat yourself to one of Dayna's healing packages.
All sessions are enjoyed at JOY of BEING unless 'in-home' treatment is selected.

Ayurvedic Wellness Specials

{AYURVEDIC CONSULTATION + ABHYANGA (AYURVEDIC MASSAGE) + AYURVEDIC HERBAL MASSAGE OIL} \$205

{ABHYANGA (AYURVEDIC MASSAGE) + PRIVATE YOGA SESSION} \$175

{ABHYANGA (AYURVEDIC MASSAGE) + AYURVEDIC HERBAL MASSAGE OIL} \$105

{IN HOME ABHYANGA (AYURVEDIC MASSAGE) SPECIAL} \$105, (REGULAR PRICE IS \$120)

Wellness Mamas

Women's Health Ghee is made with Ayurvedic herbs that support pregnancy and a regular moon cycle. Ksheerabala oil supports strong muscles and nervous system health. It's a great oil for pre-natal or post-natal self-care.

{WOMEN'S HEALTH GHEE + KSHEERABALA MASSAGE OIL} \$40

Balanced Mind and Spirit

Brahmi ghee is a wonderful nourishing tonic to the mind and promotes good memory, relaxation and cognition. Dayna's vata oil is a warming blend of herbs great for reducing stress and improving immune health as well as reducing muscular tension and tightness.

{BRAHMI GHEE + VATA MASSAGE OIL} \$40

To purchase, contact Dayna // (203) 675-2195 // yogaayurvedalove@gmail.com // www.yogaayurvedalove.com



2385 Carlos Street, Suite A, Moss Beach, CA 94038 | 650.563.9821



BOOK AN AYURVEDIC WELLNESS CONSULTATION WITH DAYNA HOLLI

\$120 for 90 minutes at Joy of Being Yoga Studio in Moss Beach, CA.

Your wellness consultation will include:

- PERSONALIZED LIFESTYLE PRACTICES, YOGA AND BREATHING TECHNIQUES
- WAYS TO IMPROVE DIGESTION, INCREASE IMMUNE HEALTH AND REDUCE STRESS!
- LEARN YOUR PRAKRITI (AYURVEDIC ENERGIES).
- LEARN WAYS TO LIVE A MORE BALANCED LIFE THROUGH A SPECIALIZED DIET, PERSONALIZED LIFESTYLE PRACTICES AND YOGA AND BREATHING.
- AYURVEDA SUGGESTS DAILY PRACTICES CALLED DINACHARYA TO MAINTAIN MIND-BODY-SPIRIT WELLNESS. WE WILL DISCUSS THESE PRACTICES FOR AUTUMN/WINTER SEASONS.
- AYURVEDIC HERBS, FORMULATIONS, GHEE AND/OR HERBAL MASSAGE OILS MAY BE RECOMMENDED.

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