



Let's Take a Journey Together in 2021

365 days of Ayurveda

*Your Year for Healthy Living:
Going for It!*

Want to live more fully and more peacefully, especially now in this time of exhausting upheaval? Want to be healthy and keep your immune system strong and responsive to protect yourself from Covid-19 and other communicable diseases?

The key is to identify a few strategic and customized health improvements and then through repetitive actions, establish them as sustainable and enjoyable habits. A once-in-awhile good choice is nice, but doesn't really make an impact like a few sustained shifts in your diet and lifestyle. Thus, the importance of sticking with this for one year.

Most of us know many good things we can do for our health but we are not doing them or doing them consistently enough to make a difference. Why? There is a lot of information for well-being out there, but sorting through it and choosing what is right for you can be overwhelming. In Ayurveda, you are in the center. What is best for your doshic make-up and current imbalance? We will start the year long journey with this customized self-knowledge and plan from there. With ongoing sessions, you will have the opportunity to try things out, receive feedback, and fine tune as you go.

In Ayurveda we add and squeeze. We add in good healthy behaviors that serve us and over time the old non-serving behaviors fall away. If you are serious about making improvements in your physical, emotional, and spiritual health, join us in a health improvement journey and make 2021 your year.

In monthly or quarterly sessions, you will learn how to:

- Select strategic diet and lifestyle actions particular to you to improve your health.
- Select and make herbal formulas that promote your well-being.
- Properly prepare for changing internal and external forces with the change of seasons.
- Engage a new action consistently enough and strongly enough to become a habit.
- Share in the support of a cohort group to support you and celebrate your journey and successes.
- Identify 3-5 of your best actions to initiate between each session and strategies to sustain previous actions
- Hold a vision for radiant health beyond what you may think is possible

Two ways to participate:

Quarterly Sessions: January 9, March 13, July 10, and November 13

Time: 9am – noon

Cost: \$335

Or

Monthly Sessions: 2nd Tuesday of each month

Time: 6pm-7:15pm

Cost: \$365

Register Here for Workshop:

<http://www.radiantlifeayurveda.com/workshops.html>

You can purchase my book at [Amazon](#) - ***365 Days of Ayurveda for Lifelong Living Radiant Health***. This will provide the core reading material for our work together over the year.

Sessions will be held via Zoom with replay available to you on-demand for one year. If Covid-19 concerns lighten, options to meet in person may also be offered.



Instructor: Rhonda Egidio, PhD offers educational and consulting services through Radiant Life Ayurveda. She completed her Ayurveda Health Practitioner training and continues to study with Paul Dugliss, MD, Director of New World Ayurveda, an Ayurvedic Physician and renowned author who is shaping modern Ayurveda from the ancient principles. She is also a Professor of Education at Michigan State University.

Rhonda's central belief is that all healing comes from the underlying field of consciousness and our connection with The Divine. We can prepare ourselves with readiness to receive divine healing through the time-tested practices and principles of Ayurveda.

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