“Ayurveda” is Sanskrit. It literally means “Science of Life”

Ayurveda is the oldest healthcare system in the world, developed in India over 5000 years ago.

STRESS RELIEF & HEALTH MAINTENANCE: A HOLISTIC AYURVEDIC APPROACH

Sound Shore Ayurveda is bringing their successful practice to corporate clients in the tristate area. We'd like to partner with your company and engage your employees in a program of stress reduction and wellness.

- 30 minute Powerpoint presentation introducing Ayurveda, recognizing the causes of stress and forming a partnership toward better health.
- On-site Authentic Ayurvedic Physical Therapies
- Monthly follow-up consultations and Physical Therapies available for best results.
- Engaging and participatory demonstrations to get participants started immediately.
- Take away packets with logs to be used in follow up consultations on-site.

SOUND SHORE AYURVEDA
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CORPORATE WELLNESS PROGRAM
AYURVEDA- A HOLISTIC APPROACH TO STRESS RELIEF AND HEALTH MAINTENANCE

About Ayurveda

Ayurveda is the 5000 year old health system dating back to ancient India. Literally meaning “Science of Life,” Ayurveda focuses on three basic principles to guide us to wellness: Diet according to body type, Herbal Remedies and Physical Therapy Treatments all work in conjunction to balance our busy lives.

Understanding Stress

Stress is a major contributing factor to many chronic conditions and poor work performance. This program offers ways to reduce and manage stress. The first step is to recognize how stress is introduced into our lives, only then can we move on to effectively manage it. Remember that prevention is better (and less expensive) than cure.

The Program

This program starts with a 30 minute Powerpoint presentation which briefly educates participants in the philosophy and history of Ayurveda, the physical therapies available and their benefits, and understanding how to determine your body type. An on-site mini consultation is recommended to ensure the maximum benefit of all treatments.

Following the presentation, specially trained Ayurvedic physical therapists will attend to clients for physical therapy sessions through the remainder of the program. This is done by appointment, and will continue throughout the work day, or for several days according to demand.

We can tailor programs to address your company/employee needs.
Follow up visits:
We can all agree that getting started is going to be the easiest part of stress management. One day of treatments and education will relieve your immediate symptoms, however longer term solutions require longer term follow through. This is where the hard work is done and where results are the most dramatic.

That’s why we have created a program which allows each participant to track their progress, have on-site monthly follow up consultations and therapies, and really have an engaged partner in their health maintenance.

Choose from either a three month, a six month or a twelve month plan.

Founded in 2007, Sound Shore Ayurveda is Westchester’s only truly authentic Ayurvedic practice. The company was founded by Manjula Paul, B.A.M.S., who was born and trained in Kerala, India - the birthplace of Ayurveda.

Manjula Paul is from Kerala, India. Her family has practiced Ayurveda for three generations, and were Vaidyas (doctors) for the royal family of South India. She studied Ayurvedic medicine for 8 1/2 years, and holds degrees BAMS (Bachelor of Ayurvedic Medicine and Surgery) and M.D. (Master’s Degree, Doctor of Medicine) in Ayurveda from the University of Kerala, India. Before coming to USA she was an Ayurvedic Chief Medical Officer in the Sitaram Ayurvedic hospital and Pharmacy, in Kerala. Dr. Paul has been practicing Ayurveda for 23 years and is a NY state licensed Esthetician and a registered Yoga teacher.

Leah Alexander is a Licensed Massage Therapist (LMT) certified with the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), a member of Associated Bodywork & Massage Professionals (ABMP), and has studied, practiced, and taught a variety of bodywork and movement therapies over the past thirty years. In addition to her M.S. in Organizational Management & Human Resources, she is a Certified IIN Health Coach, a registered Yoga Instructor, an Usui Reiki Level II practitioner, and Qi Gong energy healing practitioner. Her massage education and training include Swedish, Deep Tissue, Ayurveda, Hot Stone, Prenatal and Thai massage.