

For women and couples

# AYURVEDA PROGRAM

## Embracing Spring!!

### Healing through the Lunar Cycle

A 3-week program designed to cleanse your body, support digestion, and enhance fertility—preparing you for the transition into Spring.

**INDIVIDUALISED APPROACH  
SUPPORTED BY A GROUP**

13 March – 4 April



# Introduction

Ayurveda is the oldest medical system in the world that has been continually used until the modern day. Its foundation lays on the principles of nature, which are inside of us as well. Rooted in authentic Ayurvedic wisdom and honouring the lineage of our teacher Vaidya Atreya Smith, this program goes beyond a seasonal cleanse, inviting you to integrate Ayurveda into your daily life in an intuitive, embodied, and accessible way.

# About Us

## A shared path, a shared vision!

We are Sara and Ariane, two Ayurvedic practitioners whose collaboration was shaped over many years of shared study, training, and lived experience within the Ayurvedic knowledge.

Our connection was strengthened throughout our Ayurveda training, including advanced studies in India, and a Master's-level education in Dravyaguna (Ayurvedic pharmacology). Learning and practicing together under the same teachers and lineage has created a deep professional trust and a natural coherence in how we guide others.

By weaving together classical Ayurvedic medicine, women's health and natural gynecology, with Indian/Vedic astrology (*Jyotiṣa*), we offer a grounded and nurturing space that honours both individual journeys and the power of collective healing on a group setting.

**Spring Is a Threshold -  
Step into the new cycle with clarity, vitality, and care!**

# Our Approach

- Gentle, non-rigid, and awareness-based.
- Aligned with the lunar cycle (from the Waning Moon to the Full Moon).
- Group support with personalised guidance.
- Integrating Ayurveda, natural gynecology & Indian/Vedic astrology (*Jyotiṣa*).



## Objectives of the Program

- Preparing the body for Spring with Vata pacifying therapies (preparation of the body, cleansing process, rejuvenation) during 21 days following the Moon phases.
- Stimulating fertility beyond procreation.
- Promoting Ayurveda in a simple way in daily life (dinacharya) even when the program ends.

Our approach is always individualised even when working in a group setting.

# Phases of the Program

## 1. Preparation Phase

- **ESTABLISHING A DAILY ROUTINE**
- 13-18 March
- Waning Moon
- **Live call:** Intro and daily routine (dinacharya)
- **Practice call:** Yoni steam

## 2. Depurative phase

- **TOXINES REDUCING DIET PROTOCOL**
- 19 - 22 March
- New Moon
- **Live call:** Depuration in Ayurveda
- **Practice call:** Yoga for Agni

## 3. Restaurative phase

- **RECOVERING DIGESTIVE FIRE AND METABOLISM**
- 23- 27 March
- Waxing Moon
- **Live call:** Restauration
- **Practice call:** Moon and Mantra

## 4. Nutritive phase

- **THE WAY FORWARD WITH AYURVEDA**
- 28 March - 2 April
- full moon
- **Live call:** Fertility and Rasayanas
- **Practice call:** Venus kriya

# Program Features

- Support group live sessions on Zoom aligned with the lunar cycle.
- E-books to support each phase.
- A 60-min Individual consultation.
- 6 Orientation Live Calls and 3 Practice Calls.
- Community support.

# For whom is the program?

The program is especially focused on **women and couples**, who:

- Wish to align with the natural cycles of nature.
- Feel their digestion needs support.
- Seek a gentle, supportive cleanse.
- Want to boost their fertility.
- Want to deepen their understanding of Ayurveda in daily life.
- Are beginners as well as experienced Ayurveda practitioners.
- Have interest in Ayurveda and/or Vedic/indian astrology (Jyotisha).

**Spring is calling for renewal.  
Enrollment opening soon!**

**Mark Your Calendar!**

**13 March - 4 April**