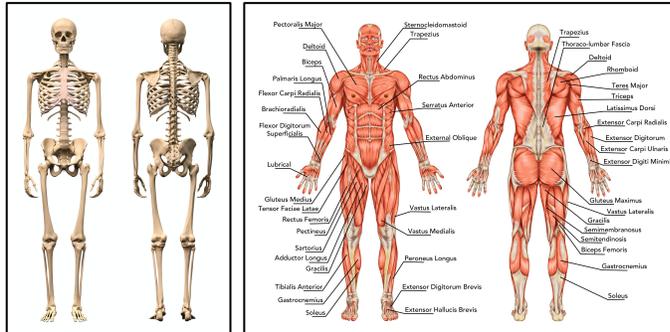


THREE SEASONS AYURVEDA



Muscles and Bones



The freedom of unrestricted movement is often taken for granted. As we age, the body becomes stiffer and more inflexible, and for many bending, stretching, and exercise is difficult and painful.

For most flexibility can be increasingly difficult, but for some hyper-flexible is a reality which can easily create injuries.

Another big concern these days is arthritis or bursitis of a joint which ultimately causes pain, stiffness, inflammation and swelling which overtime can cause served damage and immobility

So our goal is to address our health concerns while finding a balance of flexibility and mobility but, at the same time, building strength without injury.

Ayurveda always looks to the mind and digestion first when disharmony occurs in the body. If the overall metabolism is out of balance, it can often show up in our muscles, tendons, and joints with stiffness, soreness, swelling, and inflammation, and if there is scar tissue, it can compound our physical health.

Ayurveda and Yoga are sister sciences first documented in the Vedas (original documents of India) around 3500 BC. Ayurveda is the Indian medical system that treats the body, mind, and spirit, and along with Yoga, which can bring flexibility and strength to the bones, joints, and muscles.

In Ayurvedic philosophy, like increases like and opposites balance disharmony. Once you understand your constitution (Prakruti), and your current state of health (Vikruti), you can work with a practitioner to create daily practices that keep the body, mind, and spirit balanced, which includes lifestyle practices, diet, nutrition and foods, herbal medicine, and the five sense therapies including Yoga.

Ayurvedic Yoga Therapy is derived from the Yoga tradition of Patanjali and the Ayurvedic system of health care and refers to the application of Yoga and Ayurvedic techniques and practices to help individuals facing health challenges at any level to manage their condition, reduce symptoms, restore balance, increase flexibility, build strength, improve overall health.

If you are experiencing any imbalances, then the first step is to have an Ayurvedic evaluation to determine your constitution and current state of health. On the front page of my website, there is an option to set up a **FREE** phone appointment to discuss your concerns and decide what might be best for your health.

I look forward to speaking with you soon.



Jeff Perlman is a Clinical Ayurvedic and Pancha Karma Specialist, Registered AHG Herbalist, Massage-Marma Therapist, a Certified Iyengar Yoga instructor, Certified IAYT Yoga Therapist and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com