

*If you want to know what your experiences were like in the past,
Examine your body and spirit now.
If you want to know what your body and spirit will look in the future,
Examine your experiences now.*

Ancient proverb

Ayurveda and well being

According to the timeless healing traditions of Ayurveda, the field of pure consciousness expresses itself through the five elements of nature. These five codes of intelligence - space, air, fire, water and earth – exist both inside and outside of us and are the building blocks of nature's diverse expressions.

Exploring the field of consciousness and expression within ourselves is the basis of healing. Through changes in our perceptions and interpretations we can improve our health and well being. A consciousness-based approach to health views symptoms as a sign for us to pay attention to the choices we are making in our lives.

The five elements organize themselves into the *three essential principles of movement, metabolism and structure*. These principles are responsible for every function of our mind, body and spirit, and are called Doshas.

Sedona Wellness offers consultations to determine your Dosha. Ask us about the treatments we have available to balance and align your system, assisting you to achieve perfect health and balance.

