

Ayurvedic Consultations with Cherise



About Cherise

Cherise started practicing bhakti yoga from an early age, studying chanting, mantra, pranayama, asana and meditation with Sant Keshavadas from the Temple of Cosmic Religion in Oakland. She furthered her studies at the Self-Realization Temple in Los Angeles and has her Advanced Yoga and Ayurveda Certificate from Dancing Shiva Yoga and Ayurveda. She completed her 500-hour Yoga and Ayurveda Therapist studies in May of 2010 and has successfully helped many individuals find balance in their lives. Cherise's motto is: Let go and let love flow.

Living Life with Spirit and Nature

Ayurveda is a complete system for managing imbalances in the Doshas. An Ayurvedic consultation covers:

- Discovering your Dosha type
- Asana (yoga postures)
- Mantra (chanting)
- Pranayam (breath work)
- Dhyana (meditation)
- Eating for your type
- Abhyanga massage (optional)

Abhyanga Treatment

Abhyanga is a full-body massage complete with Marma point (pressure-point) stimulation. Abhyanga is performed with specially formulated oils to balance your Dosha and can be included as a part of your session for an additional fee.

Scheduling an Appointment

All sessions will take place at Param Yoga in Chatsworth. Contact Cherise directly to schedule an appointment:

Initial Consult	\$150
Follow-Up	\$100
Abhyanga	\$100

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