



## Discovering the "Oily Life"

In 2008, when I entered Kripalu's Ayurvedic Bodywork training, I was eager to delve deeply into this ancient traditional medical system that originated in India. I was 15 years into my professional Massage Therapy practice, and had been practicing and teaching Kundalini yoga for 3 years.

Yoga and Ayurveda are tied together in Vedic and Samkhya philosophy: yoga-the spiritual development; Ayurveda-health of the physical and mental bodies.

I went on to earn certifications both as an Ayurvedic Health & Wellness Counselor, and a Level II teacher of Kundalini Yoga and Meditation. Now, 18 years later, I invite you to take a step with me into this art & science and discover your own path with it because it meets you wherever you're at.

As a massage therapist and lover of food, one of the things that really appealed to me about Ayurveda was its emphasis on the "oily life". Ayurveda recognizes the medicinal value of oil used both internally and externally. It is the primary key component for detoxification and calming the nervous system.

Ayurveda is timeless wisdom. Rooted in Sanskrit, the word literally means "the knowledge of life". Its principles are based on the science of the five fundamental elements—Ether, Air, Fire, Water, and Earth—that comprise everything on this planet, including our own bodies.

Ayurvedic knowledge has been in continual use for millennia, and this longevity substantiates that it is truly a science of how to live a long and healthy life.

While often associated exclusively with Indian foods and spices, its core principles can be easily applied anywhere and to all cultures. In fact, you

can find similar wisdom in many other cultures that focus on their own culinary and apothecary derivations.

The Mediterranean diet in my own Italian ethnicity is a fine example of one of the world's best diets. But, no matter which cultural cuisine you follow, it can be in balance with you or not depending on how well you observe and apply basic principles.

Ultimately, vibrant health isn't about the customs you follow, but whether you actively apply these natural principles to your daily life.

Awaken your senses and experience the oily life and more balance.

How can I support your wellness journey with this timeless wisdom?



LCMT, CLT, AHC, E-RYT500

C: 781.738.1920

[www.openflowmedicalmassage.com](http://www.openflowmedicalmassage.com)