

Testimonials for Ayurveda 101 Fundamentals Course

Hear what others are saying!

- “This class introduces you to a different lifestyle. It questions how you are living today and encourages you to change the way you live NOW!”
- “A new perspective on my personal health! I enjoyed every week and didn’t want the course to end!”
- “Anisha is a gifted teacher and a model for practicing Ayurveda.”
- “This class was instrumental in helping me find more balance in my life.”
- “Ayurvedic lifestyle gives me the potential of taking charge of my health- mentally, physically, and spiritually.”
- “This class offered a sense of empowerment that I can change my life. Even the very small changes I have made to my lifestyle have been dramatic!”
- “This class opened the door to new ideas and concepts about a healthier lifestyle.”
- “This course has started me on a path of self-improvement on many levels. Thank you!”
- “Great overview. Enough depth to start while keeping it reasonable and achievable. Good mix of handouts, exercises, references for additional resources, and Anisha sharing real-life examples.”