

Ayurvedic Consultations

with TJ Williams (Nada)



(dosha) type. She will provide herbal formulas, diet and lifestyle recommendations, including a daily and seasonal routine. Learn how to make small changes to your lifestyle to bring yourself into balanced health.

TJ is a Certified Ayurvedic Practitioner – Dhanvanatari Ayurveda, Norfolk, VA,. She also has completed: Advanced Clinical Internship – Ayuskama Ayurveda Institute, Rishikesh, India and Ayurvedic Wellness Counselor – Kerala Ayurveda Academy, Fremont, CA. Nada is the founding Director of Y.O.G.A. – Your Organization for Global Ayurveda, A Non-Profit Organization for the unification of Ayurvedic practices globally.

90 min; \$90
Follow up \$60

Please Call 757-655-3322
Limited Number of Appointments

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