



# From Washington DC

*TJ Williams (Nada)*



Ayurvedic Consultations

September 07, 2016

\$60 | up to 90 min; Regular \$90

*Schedule an Appointment*  
757-655-3322

**Sattvic Space**  
1308 Airline Blvd  
Portsmouth, VA

What to expect at an Ayurvedic Consultation:

Be prepared to talk about yourself. Ayurveda emphasizes balance in all areas of your life. Nada will take an extensive personal and medical history, including questions about daily diet, profession and working conditions, exercise and relationships, and mental health. Through this evaluation, tongue, fingernails, face, and pulse diagnosis, learn about your unique constitutional (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.

If you have questions, please call (757)655-3322.