



# Blissful Living Wellness

Blissful Living Wellness is a healthcare program guaranteed to bring you more contentment, harmony and joy through the practice of Ayurveda, yoga and mindfulness. This step by step program will empower you to take ownership of a healthy life moving your inner and outer world into full alignment.

We begin by clarifying your vision and goals and create a roadmap for the journey. Using the tools and wisdom of Ayurveda, we slowly integrate new behaviors that lead to vibrant health and a long life while creating relationships and environments that support growth and harmony. We explore challenges as they arise and find creative solutions that lead to ultimate fulfillment.

Because we all have a unique constitution (physiology), life circumstances and karmic journey, our individual experience of how and where we hold stress in the mind/body complex is different. For this reason, when designing a program of care, it is important to consider the influences from all sides of the whole self, including our individual behaviors and thoughts, cultural and family dynamics, as well as impacts from our community and the social consciousness to which we contribute.

Using an Integral Ayurveda model of care, the whole self is segmented into four quadrants as depicted in the diagram below.



In the Blissful Living program, we explore all aspects of the whole person utilizing a variety of tools and techniques to restore balance to the mind/body, including diet, lifestyle (daily rhythms and routines), sound, color and aromatherapy.

Through this dynamic program, we build the practices and routines that support:

- Sustained energy
- Patience and compassion
- Feeling refreshed and rejuvenated
- A deep sense of being grounded and balanced
- Meaningful connections with our family and ourselves.
- Inner and outer radiance, clarity and joy
- A strong, healthy body

By participating in this program, you are recognize the importance of your own health and are ready to make big changes in your life to move into a place of greater energy, awareness, and vibrant health. Radiant energy (prana) flows to the areas where we place our conscious awareness allowing our beauty, love and light to blossom and eager to live the life of our dreams.

## Special Offer:

30 Minute Free Phone Consultation

In this call, you will have the opportunity to:

- ✓ Clarify your vision and goals for your health
- ✓ Set key milestones that help you know you are getting the results you want
- ✓ Uncover hidden obstacles that may sabotage your success
- ✓ Leave feeling refreshed and inspired to take clear actions to improve your health and mental clarity

Simple steps to set up your appointment:

Click on this link: <https://www.timetrade.com/book/MJJ6L>

- Choose available date and time that works for you.
- Enter your contact information
- Submit your scheduled appointment and mark your calendar

---

Grace Kendrick is a Holistic Health Coach specializing in Ayurveda, Yoga and Mindfulness. Her practice is focused on helping moms at every age and stage navigate through life changes while maintaining radiant health and happiness in their daily lives.

She is a Certified Ayurveda Specialist (C.A.S.) and holds yoga certifications through Whole Birth® Prenatal Yoga and Support, the White Lotus Foundation and Kundalini Research Institute (KRI). She is on faculty for the Yoga Teacher Training program at MindBody Zone in Fremont, CA and the Prenatal Kriya Yoga Teacher Training soon to be released. Find out more at [www.mindfulmamayoga.com](http://www.mindfulmamayoga.com).