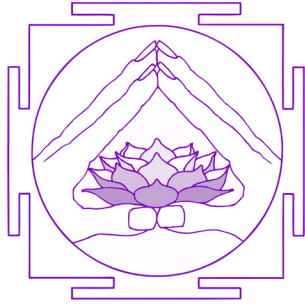


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Yoga and Ayurveda

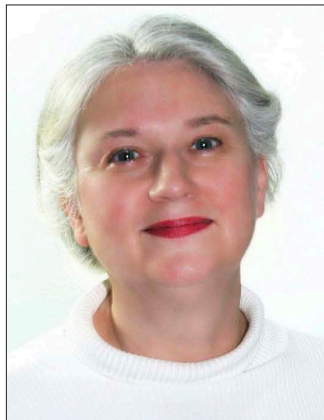
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Trained as an Ayurvedic practitioner over a 12-year classical apprenticeship with Vaidya Vasant D. Lad, M.A.Sc. Jaisri teaches all levels of Ayurveda and offers personal health consultation services. She has also authored many presentations, articles and books on various topics of Ayurveda.

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