

# PERFECT HEALTH

AYURVEDIC LIFESTYLE PROGRAM



LEARN HOW TO BRING MIND-BODY BALANCE, HEALTH, AND NOURISHMENT INTO YOUR LIFE

## Heal Yourself. Heal Your Community.

The *Perfect Health: Ayurvedic Lifestyle Program* is a program of daily wellness founded on the 5,000 year-old healing system of medicine known as Ayurveda. Ayurveda states that health is not just the absence of disease; it is physical, emotional, and spiritual wellbeing.

The *Perfect Health: Ayurvedic Lifestyle Program* teaches students a powerful regimen of Ayurvedic practices and techniques designed to:

- Balance the mind-body
- Enhance nutrition
- Reduce emotional turbulence
- Restore vitality
- Re-awaken the senses

CHRISJI, Hitzlisbergstrasse 1, 6006 Luzern  
+41 79 579 9000, [chrisji@chrisji.com](mailto:chrisji@chrisji.com), [www.chrisji.com](http://www.chrisji.com)

CHRISJI  
.COM