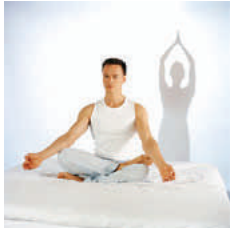


**Welcome to the Contemporary  
Ayurveda & Yoga Centre  
Cork, Ireland**

Ayurveda, an ancient and natural health-care tradition, originating in India over 5000 years ago, gives us the knowledge of how to live in harmony with our bodies for a healthy, happy, stress-free life.

Ayurvedic therapies help relieve many chronic problems such as insomnia, excess weight, stress, arthritis, anxiety, skin disorders, depression, fatigue and poor digestion.



At Contemporary Ayurveda we will help you achieve perfect health and balance through:

- Ayurvedic massage
- Detox programs
- Weight loss programs
- Stress management programs
- Nutritional advice
- Relaxation techniques
- Yoga & meditation

Contemporary Ayurveda Cork is managed by Marie Mills; a qualified Ayurvedic massage therapist, lifestyle counsellor, nutritionist and yoga teacher.

- Contemporary Yoga & Yoga Kids Dip.
- EIVS Ayur Nutrition & Lifestyle Therapies Dip.
- EIVS Ayur massage & health educator Dip.



## Contemporary Ayurveda

**Relaxation  
Rejuvenation  
Revitalisation**



### Marie Mills Ayurveda Centre Cork



**For consultations & therapies please contact:  
Contemporary Ayurveda  
Bandon  
Co. Cork  
Ireland  
Tel: 0861778369  
ayurcork@gmail.com  
www.contemporaryayurveda.com**



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## Our Ayurveda services

### Ayurvedic nutrition & lifestyle consultations

We assess your unique Ayurvedic body type and determine imbalances present that may be affecting your health and well being. We will then recommend lifestyle or dietary changes that will help resolve the problems you may be experiencing, whether it be stress, anxiety, poor digestion, insomnia, skin disorders, depression or excess weight. A short Ayurveda detox program, Ayurvedic massage or yoga practice may also be recommended.

Initial consultation: €65 (90 minutes)

Follow up visits: €55 (60 minutes)

### Ayurvedic abhyanga massage

This is a blissfully relaxing full-body oil massage using medicated herbal oils for rectifying imbalances within the physiology. It helps reduce stress, tones and relaxes the muscles, improves immunity, relieves stiffness in the joints and increases energy and vitality.

€65 (90 minutes)

### Therapeutic ayurvedic massage

A deeper pressure massage with herbalised oil and warm mud packs on problematic areas of the body to help release muscle pain and joint stiffness. It is good for promoting sound sleep and increasing energy levels.

€55 (60 minutes)

€70 (90 minutes)

### Udvaartana detox massage

A stimulating dry-powder massage for easing congestion, exfoliating the skin and reducing excess weight. It is also good for reducing cellulite and wrinkles and increasing lightness in the mind and body.

€70 (90 minutes)

### Deha Mardanam revitalising massage

This is a strong, deep-pressure massage which helps release stiff muscles and removes congestion. It also promotes detoxification and revitalisation of the tissues.

€60 (45 minutes)

### Ayurvedic facial

A non-surgical but highly relaxing and effective way to achieve healthy looking skin through the application of powerful herbalised oils (chosen according to your Ayurvedic skin type) and the stimulation of subtle energy points, called marmas. The longer treatment includes an exquisite herbal facemask.

€60 (60 minutes)

€70 (75 minutes)

### Ayurveda prana therapy

A gentle and purifying, energy-balancing massage which is very effective for normalising blood pressure and reducing stress. It powerfully relaxes and rejuvenates the mind and body, reduces anxiety, promotes sound sleep and helps with skin disorders. It is especially good for the elderly or people that are sensitive to touch. It is highly recommended for those who prefer an oil-free massage.

€40 (30 minutes)

€55 (60 minutes)

### Ayurvedic cooking class

A home visit to help you integrate simple ayurvedic cuisine into your daily life. We will explain and demonstrate how to cook meals that are balancing and healthy for your Ayurvedic constitution and how to adapt the recipes for the rest of your family if necessary.

€100\* (2 hours)

€180\* (4 hours)

\* Plus travelling expenses

### Ayurvedic spa day

A full or half-day package to recharge, refresh and rejuvenate your mind & body in a caring and relaxing environment. It will include a combination of some of the therapies above and will be tailored to your individual constitution, or preference. It may even include a walk through the woods or on the beach (optional). The full-day package also includes a light and delicious Ayurvedic lunch.

€165 (3 hours)

€280 (six hours/full-day)

## Our Yoga services

### Yoga classes

Location: Bandon, Co. Cork

Tuesdays: 6:30pm to 7:45pm and 8pm to 9:15pm

Wednesdays: 8pm to 9:15pm

Cost: €80 (series of seven consecutive classes)

**Yoga Dance (ages 8-16):** Please enquire for further details

Please contact Marie on tel: 086-1778369 to book your place.

NB: All students should bring a yoga mat and wear loose, comfortable clothing. You may also like to bring a blanket and a bottle of water. After the 8pm classes I hold an optional fifteen minute meditation class for which a small attendance fee is requested.

### Traditional Yoga therapy (private tuition)

We will teach you yoga postures and relaxation techniques suitable for you constitution which will help calm your mind and bring strength and flexibility to your body. Regular practice will bring clarity and focus to the mind and energy and lightness to the body. In keeping with the holistic approach of traditional yoga, diet and lifestyle recommendations will also be offered. This therapy is also available as a home visit (travelling expenses will be added).

€50 (60 minutes)

€85 (120 minutes)

