

True Nature Wellness

Applying the ancient sciences of Ayurveda and yoga, True Nature Wellness provides the services modern medicine suggests to maintain or achieve optimal health and longevity: a whole foods diet, mindful movement or yoga, meditation, organic bodywork and healthy lifestyle practices.

Consultation services include a comprehensive health intake, assessment of individual Prakruti (constitution) and Vikruti (imbalances), botanical products, bodywork, yoga/meditation instruction and suggestions for food/diet, lifestyle practices, herbs, aromatherapy and recipes.

Bodywork sessions use only organic, botanical products. It is best to receive a consultation from True Nature Wellness or another NAMA-certified Ayurveda Practitioner prior to receiving bodywork. Prices for bodywork sessions do not include MN sales tax.



About

True Nature Wellness specializes in preventative healthcare, holistic health promotion and disease management through comprehensive and personalized consultations and organic, botanical bodywork based in Ayurveda, yoga and herbalism.

Suzanne Howard, CAP, CPKT, CMT, CYT, BA
Professional Member of the National Ayurvedic Medical Association



Suzanne@TrueNatureWellness.net