

The background of the entire page is a collage of Ayurvedic-themed images. At the top left, there is a close-up of a woven basket filled with dry, golden-brown roots or herbs. Below this, on the left side, are several small bowls containing vibrant red and orange powders, likely spices. A yellow flower is visible in the bottom left corner. On the right side, there is a small, ornate golden bowl and a lit candle with a warm, yellow flame. The overall color palette is warm, with earthy tones of red, orange, and gold.

Ayurvedic Lifestyle Recommended Resources

PODCASTS

- [The Ghee Spot: Sex, Spirit & Self-Care](#) with Katie Silcox
- [YogaHealer](#) with Cate Stillman
- [Elements of Ayurveda](#)

BOOKS

- [The Everyday Ayurveda Cookbook](#) by Kate O'Donnell
- [Everyday Ayurveda Cooking for a Calm, Clear Mind](#) by Kate O'Donnell
- [The Everyday Ayurveda Guide to Self-Care](#) by Kate O'Donnell
- [Practical Ayurveda](#) by Sivananda Yoga Vedanta Center
- [Volume One Textbook of Ayurveda](#) by Vasant Lad
- [The Complete Book of Ayurvedic Home Remedies](#) by Vasant Lad
- [Ayurveda & Aromatherapy](#) by Dr. Light Miller and Dr. Bryan Miller

The background of the page is a collage of traditional Indian elements. At the top left, there is a pile of dried, golden-brown grass. Below it, on the left side, are several small bowls containing vibrant red and orange powders, likely spices. A large, bright yellow flower is visible in the bottom left corner. On the right side, a lit diya (oil lamp) with a warm orange flame is partially visible. The bottom right corner features a decorative, ornate metal plate with intricate patterns. The entire scene is set against a rich, reddish-brown soil background.

FILM

- [Ayurveda Unveiled](#)
- [Ayurveda: The Art of Being](#)

CONTINUING EDUCATION

- [Radiant Living Online School of Ayurveda](#) (Ayurvedic Health Counselor and Practitioner)
- [California College of Ayurveda](#) (Ayurvedic Health Counselor and Practitioner)
- [Shakti School with Katie Silcox](#) (Ayurvedic Health Counselor and Practitioner)
- [Sacred Window Studies](#) (Postpartum Ayurvedic Doula Training)
- [MamAyurveda](#) (Women's Health, Pre and Postnatal Trainings)
- [Online Courses with Kate O'Donnell](#)
- [Online Courses with Julie Bernier](#)