



Summer Greetings from New World Ayurveda School

August 2020 Newsletter

The summer heat isn't letting up any time soon! It is important to offset the intensity of the fire element by making cooling and calming choices.

Remember, heat does not only accumulate in the body. Excess pitta in the mind and emotions presents as anger, frustration, resentment, competitiveness and irritability.

One of the best remedies we can suggest for imbalances of all kinds is meditation. Meditation gives us a time-out, helps calm the mind and emotions, and reconnects us with the soothing balm of the heart.



Heart-based Meditation is a practice that allows the mind to settle in a way that is effortless and calms the energetic, mental and emotional stresses that keep us from experiencing inner peace.

You can learn Heart-based Meditation for FREE online with our Director and Academic Dean, Dr. Paul Dugliss. To learn more about HBM and sign up for the next online training, visit:

www.HeartBasedMeditation.com

Our FREE Summer Online Webinar series continues on Monday, August 10th, 7:30 - 8:30 PM EDT

Saving Money with Ayurveda

Join Dr. Paul Dugliss to learn simple and practical ways Ayurveda can save you money while enhancing your quality of life.

[Register Here](#)





COOLING CILANTRO CHUTNEY

2 apples or ripe, juicy pears
1 cup fresh cilantro
1/4 tsp salt
2 tsp turbinado sugar
Juice of 1-2 limes or lemon

Peel and core apples (or pears). Put in food processor with fresh cilantro. Add lemon (or lime juice), salt and sugar according to taste.

This chutney is pitta pacifying, especially if prepared with pear instead of apple.



Hi,
I'm Doctor Paul Dugliss,
Academic Dean and Director of New World Ayurveda School.

Over the years, I have seen the infertile give birth, the lame walk again, and those with terminal cancer cured. This is the profound power of Ayurveda to heal.

Although these are rare and extreme outcomes, imagine what Ayurveda can do for the everyday imbalances so many people face, such as insomnia, anxiety, fatigue and digestive issues.

Our students tell us that participating in our program has helped them to personally transform physically, mentally, emotionally and spiritually. Many have said their stress and worries have fallen away and they have finally found true happiness.

Having experienced firsthand the benefits of Ayurveda, there is nothing more they want to do now than to lead their own families and communities toward a path of optimal wellbeing as an Ayurvedic Health Practitioner.

If you desire to make a difference through a career in holistic health, I'd like to talk with you. Now more than ever, the world needs people who can teach their communities about improving immunity, prevention and natural methods of self-care where each person takes responsibility for their own health and healing.

Schedule a free [Discovery Appointment](#) with me now so we can explore if becoming an Ayurvedic Health Practitioner through New World Ayurveda is right for you.

Our next live online Ayurvedic Health Practitioner Course begins September 13th, or you can begin anytime with our Independent Study option.

Already an Ayurvedic Practitioner?

We have [Advanced Clinical Studies](#) in Ayurveda to help you grow your practice, including [Spiritual Mentoring](#), [Clinical Jyotish](#), and [Pranic Healing](#).

Click below to learn more about our comprehensive online training programs:



New World
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