

# The Seven Jewels

## Health Discovery Program

*Ancient wisdom for self healing*

**How do we heal?** This is the key question we explore in the Seven Jewels Health Discovery Program. There is nothing more precious than the skill to heal oneself. The Seven Jewels are seven essential skills that teach you how to heal. The jewels are keys we can discover and turn to when unlocking our potential for self-healing. The ancient Ayurvedic sage physicians passed down these gems of wisdom over the centuries, and in today's world we all can infinitely benefit from learning how to prevent illness and learn the skills to create health and self-healing.



### What are the Seven Jewels?

1. ***Meditation:*** The Key to contacting the source and healing
2. ***Blissful Sleep:*** The key to rejuvenation and healing
3. ***Perfect Digestion:*** The key to nutrition and healing
4. ***Panchakarma Purification Practice*** The key to longevity
5. ***Healing Breath Yoga:*** The key to healing through flowing energy
6. ***Pulse Diagnosis:*** The key to maintaining balance
7. ***Healing Light:*** The key to chakra and subtle energy healing

Join us for this wonderful opportunity **April 14th- June 2nd** at 4:30-5:45 PM at Source Yoga. Standard Cost is \$425. Source Yoga Cost will be \$295. Sign up at [TheSevenJewels.com](http://TheSevenJewels.com)

The Seven Jewels Program will be taught by Paul Dugliss M.D., and Wendy Arneill, R.N. Paul is the director and Wendy is a faculty member at New World Ayurveda, located in Santa Barbara, CA. Paul practices Ayurvedic Medicine and Internal Medicine, and he is also the director of other programs such as the Health Practitioner Program and the Prevention Program. Request more information at [www.newworldayurveda.com](http://www.newworldayurveda.com).



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