



**AYURVEDA SUMMIT - SEPTEMBER 2025**

# WHAT YOUR SPINE, NECK & JOINTS ARE TRYING TO TELL YOU (BEHIND THE PAIN)

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# *What is Ayurveda — and why it might be exactly what you need*

Ayurveda is not magic, religion, or “just for Indians” - as some people might think. It’s a practical system of health that has helped people feel and live better for over 5,000 years — and today, it’s more relevant than ever.

Ayurveda sees your body as something wise — not broken. It doesn’t just treat symptoms like pain or fatigue. It looks at your health as a system — lifestyle, digestion, sleep, stress, and movement to gently bring things back into balance.

It doesn’t replace your doctor — it complements what modern medicine can’t always reach: your everyday rhythm, your energy, your habits. And it works especially well for chronic issues like back pain or joint stiffness, where the real solution often lies deeper than a pill.

If you’re tired of just managing the pain and want to understand what your body is really telling you, Ayurveda opens a door. What’s behind it is surprisingly practical — and might just change the way you think about back and joint health.

# *The Soul of this summit*

This is not just an online event, but it's a soulful space created for people who live with chronic tension, silent backaches, and joint stiffness that don't go away even after trying everything.

We believe the body's pain is often a messenger and Ayurveda teaches us how to listen deeply.

The ASHAexperience Ayurveda Summit is our response to the quiet suffering that many carry daily, especially in the spine, neck, and joints.

<b>DATE</b>	<b>SUNDAY, 21 SEPTEMBER 2025</b>
<b>TIME</b>	<b>14.00 TO 18.00 CET</b>
<b>LANGUAGE</b>	<b>ENGLISH</b>
<b>LOCATION</b>	<b>ONLINE VIA ZOOM</b>
<b>TICKET</b>	<b>35 EUR</b>

## *Who it's for?*

- People experiencing chronic or recurring back, neck, or joint pain
- Individuals who feel that conventional treatments haven't worked
- Those open to holistic, natural approaches to healing
- Women in midlife, professionals under stress, and wellness seekers
- Health practitioners, physiotherapists, and yoga teachers seeking deeper insight

# *What will you get?*

Each session has been designed to deliver immediate value—clarity, insight, and healing rituals people can start applying from day one.

14:00 - 14:10  
Opening Talk and Welcome

Representatives of ASHAexperience



Bijoya Mohanty



Anja Mack



Polina Veretnova



Marcella Hayuzita

14:00 - 14:10  
Opening Talk and Welcome

Representatives of Ayurveda Enstitü



Hande Mistili



Lale Yilmaz



14:10 - 14:55

"Chronic Back & Neck Pain: Why It Doesn't Go Away"

Dr. Anoosha Shastry  
9+ Years of Experience

 Germany

- Ayurvedic understanding of persistent pain
- How posture, emotions, and habits affect your spine
- Gentle lifestyle rituals to reduce discomfort
- Practical posture corrections for daily life

Q & A ——— 14:55 - 15:15



15:15 - 16:00 Deep-Dive Session

"Joint Pain & Inflammation: What Your Body is Telling You"

Dr. (Vaidya) Tejal Athavle  
15+ Years of Experience

 United States of America

- Early signs of joint degeneration explained
- Understanding ama (toxins) and the link to inflammation
- Emotional and nervous system patterns are stored in the body

Q & A ——— 16:00 - 16:20



16:20 - 17:05 Closing Talk

"Stress, Posture & Spine Health: How Modern Life Shapes Our Body"

Dr. Archana TS  
5+ Years of Experience

 The Netherlands

- How food, stress, and gut health affect your joints
- Dosha-specific food and lifestyle recommendations what we can suggest in Modern Life and help heal the body

Q & A ——— 17:05 - 17:25



17:25 - 17:50 - Yoga Session

Camila Vigorelli, Yoga Instructor

 Spain

Breath, rest, and movement practices for nervous system balance with 3-5 Asanas

Closing Part from ASHA experience ——— 17:50 - 18:00



### Additional Gifts for Every Participants:

- **Exclusive yoga therapy & Meditation Video** for neck, back, and spine wellness
- **Unlimited replay access** to revisit the summit at your own pace (*You're welcome to reach out to the ASHAexperience team for feedback within one week.*)
- **Early access invitation** to our new 3-Month Healing Program launching in October 2025
- **Online group circles** for community support on Telegram



## *The Wellness Signature* GIFT VOUCHER

A PERSONALIZED DOORWAY INTO AYURVEDIC HEALING

CLAIM NOW

*Because true luxury is living without pain*







# *This isn't just an Ayurveda summit.*

It is a sacred space to reconnect with your body, to hear what it has been whispering beneath the pain, and to receive the gentle guidance of Ayurveda — timeless, wise, and deeply human.

Join us in this beautifully curated summit, where every moment is designed to bring you closer to balance, to ease, and to the kind of well-being that doesn't just silence symptoms... but softly restores your wholeness.

Because you deserve more than temporary relief.

You deserve to feel at home in your body again.

We invite you to take your seat in this healing experience.

Register now and begin listening to what your body has been waiting to say.

With love and presence,  
ASHAexperience Team.