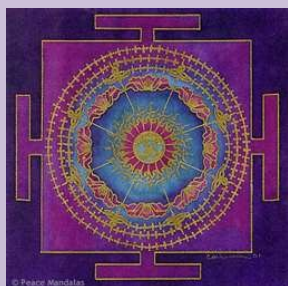


*healing with*

# *Pranayam*



Ajita Patel C.A.S., P.K.S. received her training from the California College Of Ayurveda, Patanjali Yog Peeth, various Ayurveda Ashrams & Hospitals in India and with the world renowned Dr. Vasant Lad.

She offers Pranayam, Ayurveda Cooking and Holistic Workshops and is currently in private practice as an Ayurveda Practitioner at the SANCTUARY WELLNESS CENTER & YOGA STUDIO in TUSTIN California.

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