

AYURVEDA & MENTAL HEALTH

Workshop proposal



By

Martyna Bajer

Marogya Ayurveda

Contact details

www.marogya.com

contact@marogya.com

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Tentative, open to modifications

Introduction to Ayurveda

Explanation of the doshas (*Ayurvedic concept*)

Doshas & mental health: Physiological and psychological signs of doshic disorders (*incl. mental health disorders*)

Qualities of the mind (Sattva, Rajas, Tamas) - And how balancing those in specific proportions is key to mental health (*e.g.: Sattvic qualities to dominate*)

Practical: Foods & lifestyle practices balancing excess Rajas & Tamas (*following the "like increases like" Ayurvedic principle*)

Integrating it all - The holistic connection between immunity, digestion, toxins and mental toxins using Ayurvedic concepts and visual graphics

Summary on how to work with Ayurveda for better mental health - based on the lecture

Q&A

THE IDEA

This workshop is a practical, beginner-friendly introduction to Ayurveda & Mental Health.

I approach mental wellbeing in a unique, holistic way, showing how clarity, resilience, and emotional balance are shaped not only by mindset, but also by digestion, nervous system regulation, daily rhythms, and lifestyle.

Participants will learn two key Ayurvedic frameworks: the doshas (Vata, Pitta, Kapha) and the three qualities of the mind- Sattva, Rajas, and Tamas. This offers a fresh, non-pathologizing way to understand common patterns like overthinking, overstimulation, mental fatigue, or heaviness, and how to gently shift the internal state toward more Sattva (clarity and steadiness).

Most importantly, I translate the theory into simple, practical strategy (food choices, daily routines, and mental practices) based on the principle “like increases like - opposites balance.”

Rather than focusing only on “mindset,” this session shows how mental performance is built from the body up: Through digestion, daily rhythm, and food quality - so participants can make small shifts that create steadier energy, clearer thinking, and a calmer nervous system.



TARGET AUDIENCE

The workshop has been created for diverse groups and focused on tools participants can apply right away.

It will be beneficial for employees and teams across all levels who want practical, everyday tools to improve stress resilience, mental clarity and emotional balance.

It is a great fit for organizations that value preventative wellbeing and want to offer a unique, holistic perspective that connects nutrition, daily rhythms, and nervous system health with mental performance.

OPTIONAL ADD-ONS

(TBD)

- 01 | Company-sponsored 1:1 Ayurvedic sessions for employees
- 02 | Employee discount on 1:1 sessions (e.g., 10–15%) - Happy to offer this :)
- 03 | Follow-up workshop or an extra Q&A session to integrate learnings into daily routines
- 04 | PDF take-away

THANK YOU FOR YOUR TIME

Let's stay in touch!



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AYURVEDA & BEYOND