

Ayurvedic Massage • Ayurvedic Consult • Seasonal Apothecary • Yoga



EMBODIED LIVING

by Audrey Tesserot

Where purpose
meets practice



What is Embodied Living?

This platform is a vehicle for uncovering truth, teaching you to notice the details within you and around you as a means for healing, empowerment and personal growth. These teachings are facilitated through a variety of consciousness-based practices and tools to affect transformative change.

www.embodiedliving.co



About Audrey

I'm Audrey, the founder of Embodied Living. As a dedicated Ayurvedic bodyworker, yoga teacher and health advisor in training, I draw upon a lifetime of studies, practices and habits both ancient and modern to help clients heal, grow and transform.

Wellness Packages

Nourishment & Support for
Empowerment & Transformation

Offering custom packages of
services to best support the day.

Artist Hospitality

Corporate Wellness

Festivals • VIP • Events

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The Practices

Ayurvedic Massage

Ayurvedic Consult

Seasonal Apothecary

Yoga • Meditation

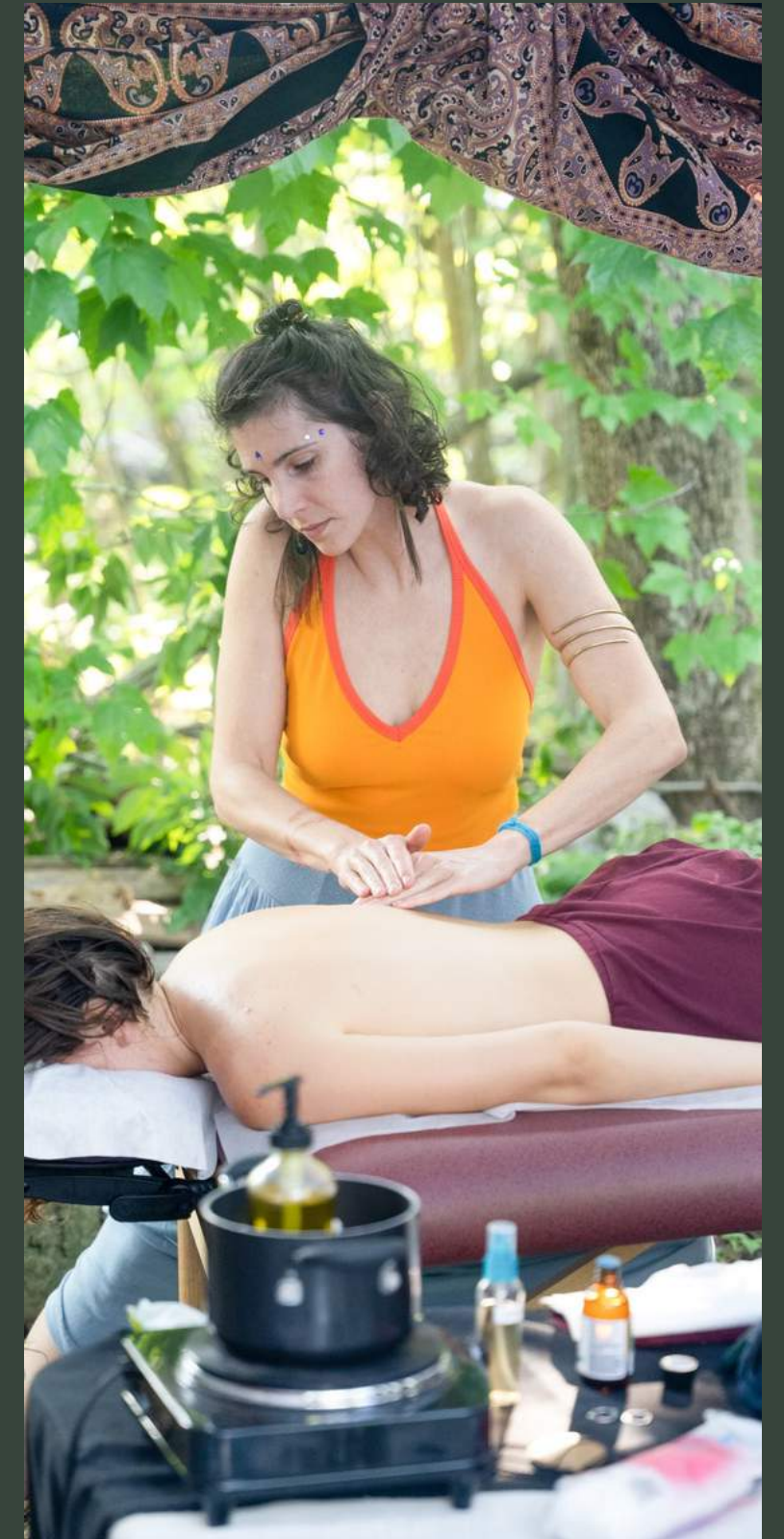
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Ayurvedic Massage

Balancing Oil-Based Therapy

This classical Ayurvedic technique, also known as Abhyanga, focuses on the lymphatic system. Through calming and intentional hand movements, the energies of the body are channeled in the proper direction.

This massage promotes clarity of mind, healthy digestion, ease of movement and deep relaxation.



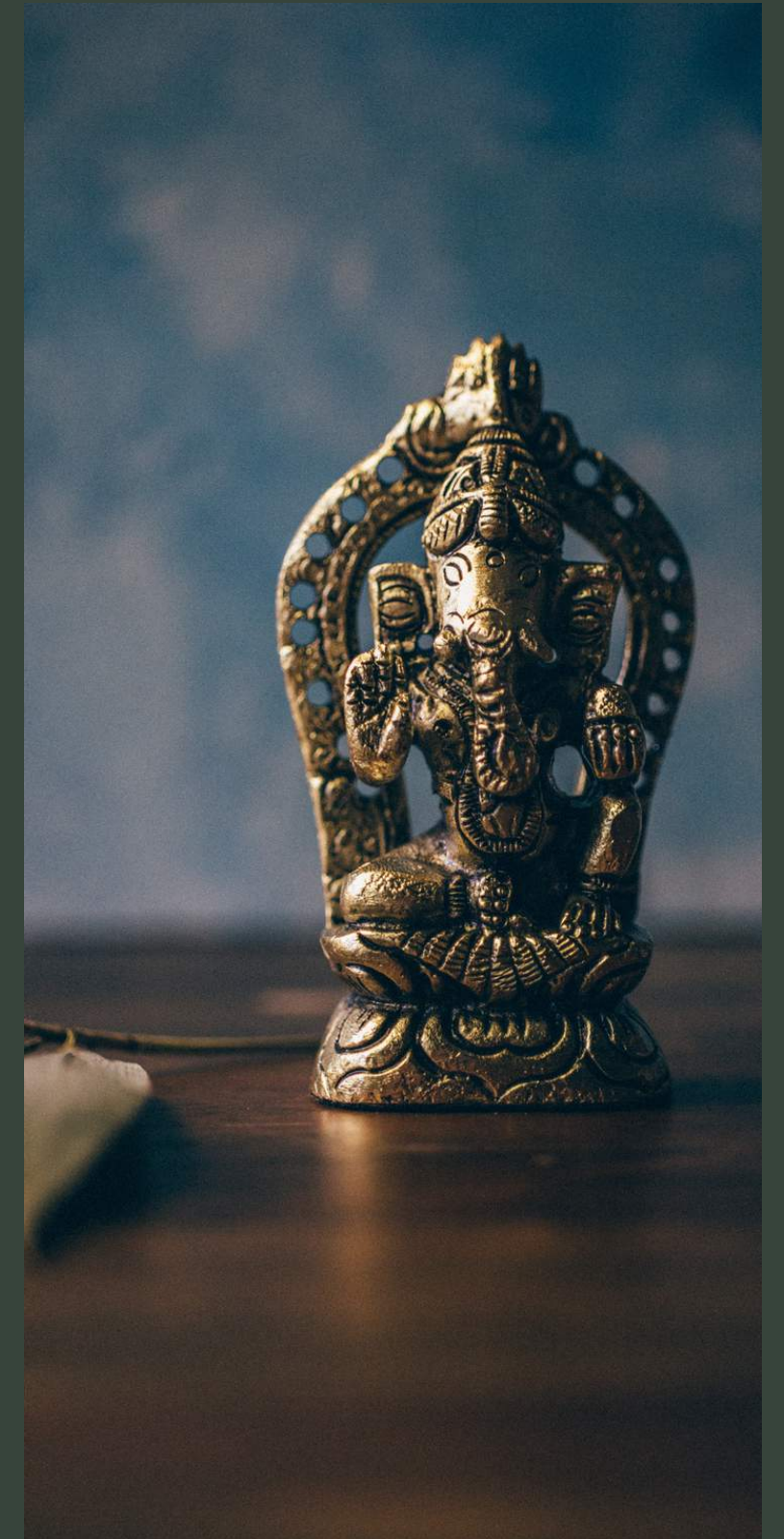


Ayurvedic Consult

Reconnect to Your Nature

We'll work toward your health goals by reconnecting to natural rhythms, using five sense therapies, the elements, and cultivating simple day to day practices.

Through these sessions you'll empower your body and mind to find the balance that's right for you.





Seasonal Apothecary

Ayurvedic Massage, Tea Bar
and Seasonal Products

I travel to festivals, gatherings, markets and fairs to meet community and share natural, seasonal, homemade products for skincare, immunity, balanced digestion, five sense therapy and natural healing. I also offer mini sessions as an intro to some of the deeper work that's possible.



Yoga • Meditation

Deep Experience of Practice

In these sessions, I challenge the body to cultivate strength and ease. Through breath, I soothe and guide you into deeper states of consciousness.

Offered as private or group sessions.



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How It Works

Designed to be fully inclusive, everyone can benefit from even a small dose of consciousness-based practices. When people in any environment are exposed to yoga and the like, they become more focused, productive, peaceful, creative, and generally happier than before, benefitting everyone around.

Why Hire Me?

Offering people this level of support is truly transformative, and it brings me great joy to facilitate these offerings. I've worked with Wellington Mgmt, Diggers Co-op, Wellable Inc, Solaria, Wynwood Mural Fest and Fractaltribe, and I look forward to sharing with you.



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Audrey provided me with an in-home visit and WOWZA, I feel like a million bucks! Audrey's energy is calm and collected. I was comfortable and relaxed throughout the entire visit. As for her skill, Top Notch! I'm looking forward to many more visits. Thank you, Audrey!

-A Happy Client



Connect

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