



AVANTI KUMAR-SINGH

THE HEALTH CATALYST

How to Harness the Power of Ayurveda to Self-Heal and Achieve Optimal Wellness

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Bio

Dr. Avanti teaches people how to heal themselves by unleashing their innate healing power and educating students on how to support self-healing through routines, diet, and tools of yoga. She works with individuals and groups to replenish their mental, physical, and emotional energy so they can live a vibrant life with more joy, meaning, and purpose.

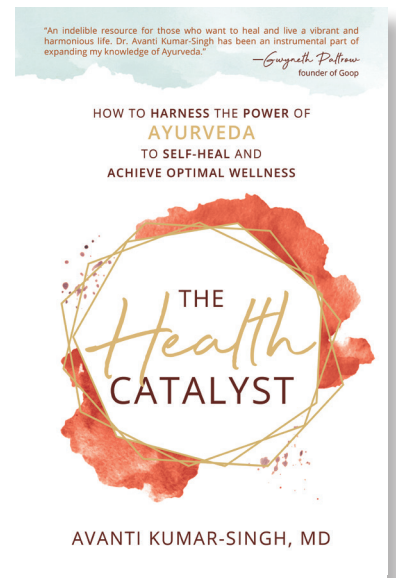
Dr. Avanti has shared her expertise with Fortune 500 companies, elite undergraduate and graduate institutions, and at prestigious industry and medical conferences. She has been featured in the Huffington Post, Thrive Global, Well + Good, goop, and mindbodygreen and served as the co-lead facilitator of the Faculty Scholars Program in Integrative Healthcare at the OSHER Center for Integrative Medicine at Northwestern Medicine. Dr. Avanti currently serves as the Director of Ayurveda at BIÂN Chicago.

Questions to Ask Avanti

- ▶ Avanti’s personal health struggles and her journey with self-healing
- ▶ How has Ayurveda changed Avanti’s life and how she practices medicine today?
- ▶ What is Ayurveda?
- ▶ How can you adjust your daily habits and routines to support your health?
- ▶ How can you incorporate Ayurvedic practise into a modern lifestyle?
- ▶ Spinning Thoughts? 3 Steps to Calm Your Mind
- ▶ Fasting Is Not a Fad. Why Ayurvedic Rhythmic Fasting has Survived the Test of Time
- ▶ The 3 Powerful Steps Avanti Took to Heal Her Depression . . . and 10 Signs You Might Need Help to Heal Yours
- ▶ What are easy biohacks for better sleep?
- ▶ How can you heal hormones and overcome burnout?
- ▶ What is the connection between Yoga and Ayurveda?

Facts about Avanti

- ▶ Began a 10-year wellness journey studying energy healing and yoga therapy and became a practitioner of Ayurveda
- ▶ Bachelor’s in Art History, University of Chicago
- ▶ Medical Degree, Rush University Medical College.
- ▶ Certified Yoga Therapist
- ▶ Registered Yoga Teacher



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