

ANANTA RIPA AJMERA

Ananta is an award-winning author, spiritual teacher, Ayurveda practitioner, yoga instructor, host of the True to Yourself Podcast, Advisor of Ayurveda at THE WELL, and co-founder and CEO of The Ancient Way. Empaths seek Ananta's guidance to discover their inner peace and achieve optimal health, allowing them to live in alignment and find true happiness. Many empaths struggle with setting boundaries, receiving, and listening to their intuition. By working with Ananta, empaths can transform pain into power by learning to serve others authentically without sacrificing their own well-being. Ananta's students, of all walks of life, in yoga and wellness studios, corporations, and government agencies appreciate how she empowers them to awaken their inner guru and ignite the fire of spiritual transformation to make profound changes in their lives they never imagined they could make.



KEYNOTES: 60 MINUTES

1. GETTING GROUNDED IN TURBULENT TIMES

Calm stress, anxiety, and agitation, and sleep better at night

Ayurveda's All-Natural Stress Solutions • Live in Harmony with Mother Nature for Radiant Health
• Ayurveda's Insomnia Toolbox • Ayurveda: Food for Your Body, Mind, and Soul

2. AWAKEN YOUR INNER GURU

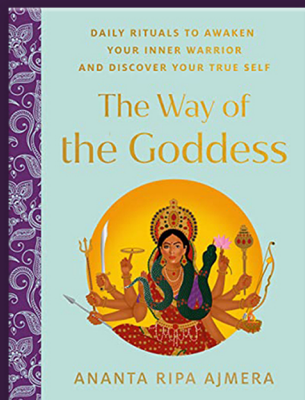
Learn the art of creating of 'fragrant boundaries' for empaths by cultivating the Power of Intuition

Lead with Integrity • Work with Purpose • Achieve the 4 Goals of Human Life

3. EMBARK UPON YOUR HERO'S JOURNEY

Awaken 9 spiritual superpowers within your 9 chakras:

Stability • Creativity • Transformation • Love • Voice • Intuition • Truth • Rejuvenation • Intention



ORGANIZATIONS ANANTA HAS WORKED WITH



ENDEAVOR



OMEGA

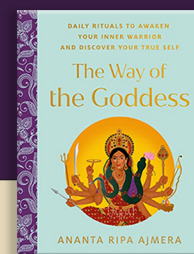


GLOBAL SISTERHOOD 

AWAKEN YOUR INNER GURU: A 4-hour, engaging, and interactive experience

Learn powerful spiritual rituals to achieve purpose, pleasure, abundance, and spiritual freedom

- Tangibly release emotions that no longer serve you with an ancient water cleansing ritual
- Experience the art of sacred eating, to heal emotional eating
- Chant mantras to channel anxiety, sadness, and anger into soul power
- Activate self-love practically, to relieve pain, energize yourself in the day, and sleep peacefully at night
- Embrace your sense of smell to ground yourself when scattered
- Lead with integrity via the art of creating 'fragrant boundaries' by empathizing with everyone, including your own self
- Understand why letting go is the key to experiencing pleasure and craft a strategy to experience it without getting lost in it
- Approach achieving prosperity with inner peace and purpose
- Align your daily actions with serving others to propel your spiritual evolution



TESTIMONIALS

"...What this training allowed our staff was to be fed consistently. Over time, I think that helped their humanity grow and expand, because they were receiving tools for a higher personal quality of life. They are givers. They give a lot and they're on guard, frontline a lot. As they saw the tools, tried the tools, got a chance to do it, they felt more fellowship, more family, and more of their natural personality came through versus their professional personality, which was awesome."

-MUNTU MBONSI, TRAINING SPECIALIST, Alameda County Probation Department

"The talk was extremely well presented. It was apparent you came from a beautiful space of love, sharing, and respect for your audience. I learned that food can be nourishing on a spiritual and physical plane when consumed communally, with conscience, focus, and, above all, slowly... it transformed my experience of eating."

-PETER WASOWSKI, CEO, Vasper System used by Navy SEALs, NASA, Olympic Athletes

MEDIA ANANTA HAS BEEN FEATURED IN

COSMOPOLITAN

VOGUE

**Spirituality
& Health**

THE CUT

Newsweek

WELL + GOOD

yoga journal

Forbes

mbg
mindbodygreen

BAZAAR
Harper

FOX NEWS

abc NEWS

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