



Ayurveda Comes To Ticino

Ticino now offers Ayurveda at the Shalini Centre.

The Centre was created by Graziella Primucci, and is located in the small mediaeval village of Carona, amidst the green hills surrounding Lugano.

For the past ten years, Graziella has been studying Ayurveda in the Delhi Academy and various specialised clinics in Kerala (home of Ayurveda), all recognised by the Indian Government. Graziella works with various doctors in the Lugano area. She imports natural products such as vegetable oils, roots, dried fruits, leaves and flowers from India, to create ad hoc treatments.

The Centre Shalini provides a tranquil and welcoming space for people wanting to improve their psychophysical state, thanks to personalised treatment programmes created by Graziella after a thorough consultation. All types of

Ayurveda treatments are available, including the detox programme known as *panchkarma*, and Graziella herself prepares Ayurvedic food tailored to the patient's specific condition. Various courses are also offered, including Yoga. The Centre can further host people who need to get away and rest and take care of themselves, with or without treatments.

Carona is a charming and historic village created by local artists and architects, who worked at princely courts all over Europe and brought their wealth back home to create elegant houses. Carona boasts an Olympic swimming pool, several excellent



Graziella in India

restaurants, a botanical park and wonderful walks.

Forthcoming Kriya yoga courses will be held over two weekends in June and July: 22-24 June and 14-15 July.

Shalini Centro Ayurveda, Via Lugia, 6914 Carona, 076 470 0024
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Graziella speaks Italian, German, Spanish and French.

What is Ayurveda?

The Indian word Ayurveda describes and teaches the knowledge necessary to create a healthy and harmonious lifestyle. The discipline is described in the ancient texts known as the *Rig-Veda* written by learned Indian Brahmins. This therapeutic methodology is based on a holistic vision of the human being. Ayurveda considers the body as totally connected with the mind and spirit. The theory behind this ancient discipline looks at the interaction inside the body between the so-called *Doshas*, which are physical typologies known as *Vata*, *Pitta* and *Kapha*. If these elements are out of balance, internal disorders result, causing unhappiness and illnesses.

The World Health Organization (WHO) recognises Ayurveda as a medical science, which includes the eight branches of medicine and a series of therapeutic specialisations aimed at dealing with specific medical requirements.

BASEL
Congress Center
June 3rd
11AM - 5PM
Admission free!

expat expo

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