



Namaste!

Namaste- The divine in me greets the divine in you!

My name is Natalie and I am happy that you found me.

Like many before me, I also went through a valley of tears to have arrived here now.

I am a certified Ayurveda health consultant, hormone yoga teacher and yoga teacher 200h RYT.

Of course also human, mother, wife, sister, daughter, friend, Buddhist ...

Do you want to know more about me?

I wrote my short story down for you!

*So, this website ,and the possibility that I can offer you my help,
are a gift to me.*

It's name is a mix of Natalie-Ayurveda-Yoga.

2017 was a very challenging year, both physically and emotionally.

I had to "struggle" with these challenges for a long time.

Sometimes even today.

On the one hand it was the worst time of my life, but on the other hand it was also the best.

*Because that's the only way I started to question my previous ideas. My husband made me aware of
"mindfulness".*

I am eternally grateful to him for that.

This started a wave in my development.

From mindfulness I came to Buddha's teaching. From there to Yoga and then Ayurveda.

This holistic interplay of Dharma, Artha, Moksha and Kama has become an indispensable part of my life.

In a nutshell, this is my path.

And I am very happy to be able to accompany you on your path for a while.

Om Shanti,

Natalie