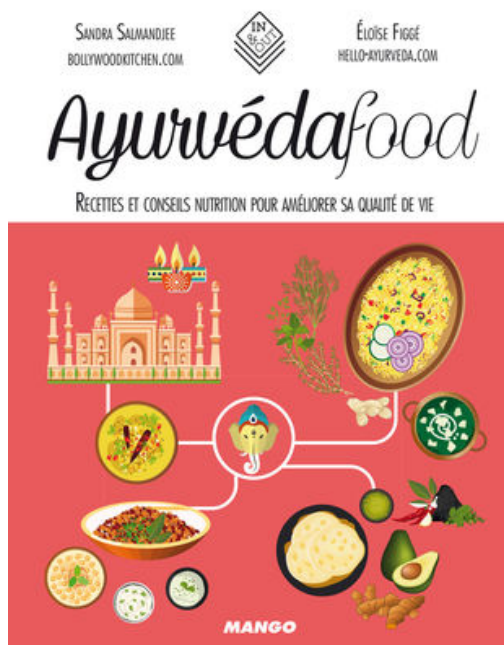


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Votre bien-être est le reflet de votre alimentation ! Science millénaire préventive et curative, l'ayurvéda a pour but d'améliorer notre qualité de vie. En ayurvéda, les aliments ont une influence directe sur notre santé, notre bien-être, mais aussi sur notre mental et notre tempérament !

Éloïse Figgé, spécialiste en ayurvéda, et Sandra Salmandjee, chef d'origine indienne, nous font découvrir les secrets de l'équilibre ayurvédique à travers un programme et des recettes. Découvrez les aliments à favoriser, toutes les bases et des recettes par saison.

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