

EMANDA THOMAS, PH. D.

www.marenayurveda.com

202-567-7837

marenayurveda@gmail.com

PROFESSIONAL PROFILE

Mission+Harmony driven professional serving the community to uplift and guide individuals, families, professional teams, and companies to achieve their wellness goals using the wisdom of Ayurveda.

As a Clinical Ayurvedic Specialist, and owner of MaRen Ayurveda, Emanda Thomas, Ph.D., provides empowering life coaching to assist individuals, families, and groups seeking illness prevention support or managing mild, moderate, or serious disease within each system of the body. She teaches clients the skills and knowledge to make self-corrections for improved health and wellness or sick prevention support. Utilizing the classical Ayurvedic understanding of disease with the Western understanding, she helps clients identify and address imbalances of the mind, body, and soul. She also utilizes multiple therapeutic modalities with her clients including nutrition coaching, herbal formulations, aromatherapy, yoga asana, and pranayama. She is also available to support clients on Telehealth calls with their doctors to help get important questions answered. In the event that a client needs care beyond the scope of her training, she will direct clients to utilize additional therapies and practitioners as appropriate. Dr. Thomas (Ph.D.) recently completed her six month internship with the California College of Ayurveda, providing direct consultation to clients seeking therapeutic supports with herbs, diet and nutrition, and other modalities. She enjoys working with clients and would be honored to support you in your wellness journey.

Her previous training and 2 years of practice as an Ayurveda Health Counselor remains important in her current work with clients. She guides clients in preventative and lifestyle practices for healthy living and longevity. She utilizes the foundation of the practice of Ayurvedic medicine to help clients bring harmony and balance into their daily lives to support healthy living and illness prevention. She provides one on one consulting to clients to support their health in the mind, body, and soul and designs wellness plans to help clients advance toward their goals. She also teaches workshops to clients on various topics related wellness from an Ayurvedic approach.

Schedule Your Initial Consultation Today



MAREN 
AYURVEDA

Sample Classes You Can Book for your Group:

- ❖ Introduction to Ayurveda
- ❖ Healing Your Life: Ayurvedic Lifestyle 6 Week Course
- ❖ Ayurveda Tips to Monitor and Improve Your Health
- ❖ What's My Dosha: And Introduction to Understanding your Ayurvedic "DNA Code"
- ❖ Ayurveda and Diabetes: Early Signs, Prevention, and Management
- ❖ Ayurveda and Stress Management: The Need for Rest and Relaxation
- ❖ Ayurvedic Nutrition: How and What You Eat Affects Every Aspect of Your Health
- ❖ Ayurveda and Female Reproductive Health: What you wish you knew
- ❖ Ayurveda in the Office: How businesses can strengthen team performance and productivity using the wisdom of Ayurveda
- ❖ And more...

Available for Consultations and Events