
ELOISE FIGGE

AYURVEDIC

COUNSELOR



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ABSTRACT

I've now been working for 10 years as a certified Ayurvedic Counselor and Therapist, giving Ayurvedic consultations & treatments, teaching and organizing retreats and workshops in France, Germany and Spain.

COMPETENCIES

Passionate, Skillful, Teamwork
Dynamic, Intuitive, Sociable
Flexible, Créative, Entrepreneur

LANGUAGES

French (Native), English (Bilingual),
Spanish (Advanced)

EXPERIENCES

From 2020: Online consultations, teacher for Centre Leela, writer

2018-2020: Work on an Ayurvedic App project &, consulting for Herbs companies, ayurvedic consultations

Sep to Dec 2017: Writing of my second book *Mon Cahier Ayurveda* in French

Mar to Jul 2017: Ayurvedic consultations in South of France,

Feb 2017: Organization of an Ayurvedic 10 days retreat with another Ayurvedic practitioner

Jun 2016: 1st book *AyurvedaFood* published, co-written with Sandra Salmanjee

May to Jun 2016: Ayurvedic cooking services for Yoga Retreats, workshops to introduce to Ayurvedic Nutrition

Nov 2015 to Feb 2017: Ayurvedic consultations & retreats in Paris, Organization of a Yoga & Ayurvedic retreat with Majda Fahim

FORMATION

2023 – 2025: VITALIST HERBAL PRACTITIONER

THE SCHOOL OF EVOLUTIONARY HERBALISM

Online training. A comprehensive exploration of the 12 organ systems of the body including in-depth Anatomy & Physiology, functional pathological pattern, clinical assessment tools, primary herbal actions, holistic herbal therapeutics, comprehensive materia medica and strategic formulation principles

Nov 2016 to Jan 2017: AYURVEDIC THERAPIST NI & NII

CENTRE LEELA (FRANCE) AND NSS AYURVEDA HOSPITAL (KERALA, INDIA)

Diploma recognized by Ayurveda en France

350 hours training in : Abhyanga, different massages techniques for Vata, Pitta and Kapha including shirodhara, picchu, shiro basti, sneha basti, navara khiri, udvarthana, nasya, kiri, kansu, netra tarpana, virechana...

OCT 2014 to JUN 2015: AYURVEDIC COUNSELOR

AYURVEDIC INSTITUTE (NM, USA)

Diploma recognized by the National Association of Ayurvedic Medicine (NAMA) in USA

750 hours training on: Ayurveda Foundations & specific knowledge, diagnostic techniques, anatomy and physiology, Ayurvedic nutrition, herbal medicine, Ayurvedic chikitsa, special disease management, Ayuryoga, pancakarma, Sanskrit...

MAY / JUN 2014: RYT 200H / ENERGETIC YOGA TEACHER TRAINING

CAT KABIRA (UBUD, BALI)

Diploma recognized by Yoga Alliance

200h Training on: asanas, pranayama, meditation, anatomy and physiology, prenatal yoga, yoga for children, adjustments, sequencing, Ethics and Business, 40 hours of introduction to Craniosacral therapy

APR 2014: MYSORE IMMERSION

ASHTANGA BALI RESEARCH CENTER (UBUD, BALI)

3 weeks training on: Ashtanga 1st serie, pranayama, meditation