

# Ayurveda to Support your Yoga Practice



**BANYAN**<sup>®</sup>  
BOTANICALS  
AYURVEDIC HERBS



## Products to Support your Daily Routine

A daily routine is one of the single most powerful Ayurvedic tools for improving overall health and wellbeing and invites vitality and a sense of clarity into our lives. These products provide a starting point for creating your own daily routine.

**Triphala:** This traditional Ayurvedic formula is comprised of three fruits that are balancing for all doshas. It is revered for its unique ability to gently cleanse and detoxify the digestive tract while replenishing, nourishing, and rejuvenating the tissues.\*

**Tongue Cleaner:** Scraping the tongue removes bacteria and toxins that have accumulated on the tongue over night and also stimulates and cleanses the digestive tract and other organs.

**Nasya:** The practice of applying medicated oil to the nasal passages soothes the delicate tissues, promotes unobstructed breathing, relieves accumulated stress, and supports mental clarity.

**Daily Massage Oil:** A self-massage with oil calms the nervous system, lubricates and rejuvenates the tissues, and promotes healthy circulation throughout the body.

*Available to purchase as a kit or individually*



Keeping you grounded  
on and off the mat





## Support for Comfortable Movement in your Poses

- **Joint Balm** is perfect for massaging sore joints, delivering oils and herbs that penetrate, soothe, and nourish the tissues, while helping to maintain mobility and painless range of motion.
- **Mahanarayan Oil** is an ancient Ayurvedic recipe made with muscle and joint targeting herbs that are used to soothe sore muscles and tendons, supporting an active lifestyle and preventing over-use damage.

"I am a big believer in abhyanga as a self-healing practice. As Banyan's 'ambassador of oil', I love their commitment to organics and sustainability. Thank you for making Ayurvedic herbs and oils available for all. I LOVE Banyan." —*Shiva Rea*



## Bring Energy, Steadiness, and Peace to your Practice

- **7 Herb Energy** provides caffeine-free, natural energy support.\*
- **Stress Ease** helps the body cope with stress by supporting the resiliency and tone of the neuromuscular system.\*
- **Tranquil Mind** soothes and calms the nerves and helps maintain a natural state of peace and well-being.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

