



# ANANTA RIPA AJMERA

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CO-FOUNDER & CEO, THE ANCIENT WAY

2022 MEDIA KIT

[THEANCIENTWAY.CO](http://THEANCIENTWAY.CO)

# ABOUT ANANTA



ANANTA RIPA AJMERA is an award-winning author, spiritual teacher, Ayurveda practitioner, co-founder and CEO of The Ancient Way, an organization that supports you to embody ancient wisdom in a way that unfolds your true Self. The Ancient Way offers a Spiritual Warrior Certification Program, Ayurveda Wellness Ambassador Program, and spiritual wellness retreats.

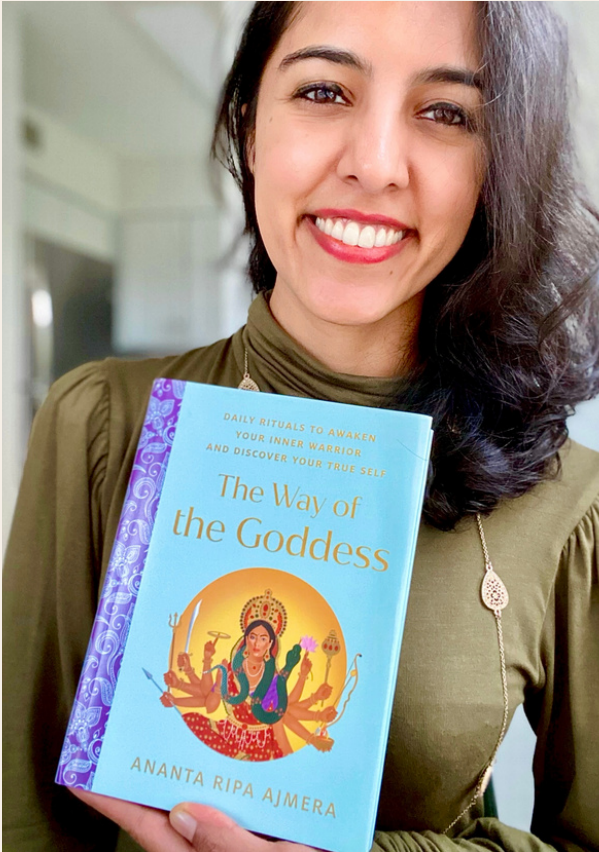
Ananta is host of the True to Yourself podcast and serves as Advisor of Ayurveda at THE WELL, a modern integrative wellness space, where she writes articles, offers workshops and works with a team of integrative medical practitioners.

She is author of The Way of the Goddess: Daily Rituals to Awaken Your Inner Warrior and Discover Your True Self (Penguin Random House TarcherPerigee September 2022 ) and the award-winning book The Ayurveda Way: 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion and More (Storey Publishing April 2017).

Her work has been featured on Fox News, ABC News and in Forbes Magazine, Newsweek, Harper's Bazaar, Vogue Magazine, Well + Good, Yoga Journal, Reader's Digest, Spirituality & Health Magazine, New York Magazine, MindBodyGreen, and Elephant Journal.

Ananta introduced Ayurveda to Stanford Medicine and led staff trainings at prisons throughout California. She's also taught at UNICEF, California Department of Public Health, New York Insight Meditation Society, Sedona Yoga Festival, NYU, SFSU, ABC News and Mother Earth News Fairs.

## ABOUT THE BOOK



Inviting you on a transformational voyage to reclaim your power at all levels, The Way of the Goddess guides you, step-by-step, through a universal hero's journey that anyone can benefit from, regardless of your gender, religion or other identity.

This book is perfect for you if:

- You seek to **lead with integrity**
- You want to **evolve on your spiritual journey**, step-by-step
- You wish to gain more **clarity on your life purpose**
- You are ready to **know your true Self**
- You seek to gain more **mastery over your emotions**

## ADVANCE PRAISE

"Ananta is a generous and authentic practitioner of Vedic spiritual traditions, and this book leads you on a transformational journey of ritual, reflection, and rejuvenation at all levels."

**DR. FRANK LIPMAN, New York Times bestselling author of How to Be Well, The New Health Rules, Revive and Total Renewal**

"The Way of the Goddess is a stunning and special invitation to learn about nine Indian goddesses and put their wisdom into practice in your daily life. The rituals Ananta shares are fresh, approachable, and—most of all—impactful."

**EMMA LOEWE, Author of Return to Nature and The Spirit Almanac, Senior Sustainability Editor at Mindbodygreen.com**



# SPEAKING & CORPORATE ENGAGEMENTS

For nearly a decade, Ananta has been called upon to share her expertise with CEOs, Fortune 500 Companies, elite undergraduate and graduate institutions, and prestigious wellness industry, governmental, educational and medical organizations.

Through an engaging combination of first-hand knowledge experiential practices to engage audiences and storytelling, Ananta empowers audiences to become the hero of your own spiritual wellness journey, to connect with the joy, vitality and peace that are your true nature. Her courses, writings and lectures bridge ancient wisdom with modern living in a way that combines the diagnostic tools of western psychology with the therapeutic principles of eastern wisdom. Ananta makes ancient knowledge approachable, accessible and applicable to your daily lifestyle, regardless of how much time you have.

Contact our team today to find out how we can partner in creating a custom wellness workshop or course for your business, organization or community.

**Reader's  
Digest**



yoga journal

mindbodygreen

**Forbes**



VOGUE



**Newsweek**

well+  
GOOD

THE  
CUT  
in NEW YORK



**Stanford**  
SCHOOL OF MEDICINE

# SIGNATURE TOPICS

Ananta's signature topics can each be offered independently, or in the order they are presented in her book *The Way of the Goddess*, as a step-by-step hero's journey to cultivate specific spiritual superpowers.



## Healing Your Chakras

An overview of your modern hero's journey with the ancient chakra system of healing, including one practice per chakra

### 1: Getting Grounded in Turbulent Times

Calm stress, anxiety, and agitation and sleep better at night by cultivating the Power of Stability

- Ayurveda's All-Natural Stress Solutions
- Live in Harmony with Mother Nature for Radiant Health
- Ayurveda's Insomnia Toolbox



### 2: Channeling Emotions into Personal Power

Gain greater mastery over your emotions and channel your sadness, anger and fear into the Power of Creativity

- Caring for Your 5 Senses



### 3: Transform Yourself, Transform the World

Ignite the fire of your digestion of your food, information, emotions and experiences with the Power of Transformation

- The Art of Mindful Eating
- Handcraft Your Health with Ayurvedic Spices & Herbs
- Kindle Your Digestive Fire for Overall Health
- Embrace Your Soul Power



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## 4: Creating Synergistic Relationships

Teamwork makes the dream work, and it all begins with defining and living by your values and the Power of Love

- Self-love as the Key to Healthy Relationships
- Aligning with Higher Values to Bring Joy into Work



## 5: Freeing the Power of Your Voice

An empowering experience of inviting greater diversity, inclusion and compassion through the Power of Voice

- Embracing Sound & Silence for Authentic Expression
- Conscious Speech Guidance for Communication Success



## 6: Ancient Conflict Resolution Strategies

Learn how to sustain positive collaborations by becoming prepared to handle conflict with the Power of Intuition

- Hearing and Honoring Your Inner Voice



## 7: Transcending Trauma with Wisdom

Learn ancient practices to support sustainable mental health and wellbeing with the Power of Transcendence

- Living in the Power of the Present Moment
- Achieving Success without Stress with Empowered Actions

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## 8: Build Immunity and Unlock Your Vitality

Overcome fatigue, build your overall health and immunity and inspire peak performance with the Power of Rejuvenation

- Ayurveda: Food for Your Body, Mind, Soul
- Ayurveda Self-Care Practices to Build Resilience
- Make Every Day into a Mini Spa Day with Ayurveda

## 9: Leading with Integrity

Work with a greater sense of peace that involves giving back and service with the Power of Intentionality



- Enlightened Leadership
- Living and Working with Purpose
- Achieving the 4 Goals of Human Life
- Working with Instrument Consciousness for Inner Peace and Outer Success
- Developing Self-Confidence through Self-Sufficiency
- Creating a Personal Mission Statement to Imbue Your Life with Greater Meaning, Purpose and Satisfaction

## CONTACT ANANTA

You are welcome to reach out to Ananta via [The Ancient Way's website](http://TheAncientWay.com), or any of her social media channels to request her to teach on any of her signature topics, or a related topic of your choice. The length of time of your session is customizable to your needs, with 1 hour, 1.5 hour, 2 hour, 1/2 day or 1 or 2 day staff retreat formats. Each session includes time for teaching, Q & A and community building.

## PODCAST

Ananta's True to Yourself Podcast teaches you how to embody the power of authentic living, to free yourself from old stories you have told yourself, so you can know your true Self as the way to embody your highest purpose and experience liberation while living. This podcast serves as a compassionate guide to coming home to your true Self. You can listen to it on [Apple Podcasts](#), [Spotify](#), [iHeart Radio](#) or [Stitcher](#).



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