

Medical Well Being Practice



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About GaiaVeda

**Bridging Ancient Wisdom
& Modern Healing**

Benita Kolloori, Integrative Health Practitioner, bridges the ancient traditions of the East and the pressing needs of the modern being. Known in spiritual circles as Surya Devi, the Sun Goddess, she embodies the radiance, warmth, and life-giving energy that her name suggests.

At the heart of her mission is GaiaVeda, a sanctuary and a resource she founded to guide others back to their own innerbeing. Through GaiaVeda, Benita offers a pathway to holistic well-being, blending transformative healing services with a carefully curated collection of products designed to support the journey towards authenticity and wholeness.

GaiaVeda is more than a business; it is the culmination of Benita Kolloori's life journey, a sacred space where her ancestral wisdom, rigorous training, and profound healing converge. The name itself is a fusion of two powerful concepts: "Gaia," representing Mother Earth, the nurturing, grounding force of the material world, and "Veda," the Sanskrit word for knowledge or wisdom, representing the spiritual and celestial realms. GaiaVeda is the meeting point of heaven and earth, a testament to Benita's philosophy that true healing occurs when we honour both our physical existence and our spiritual essence.

Founded as a tangible expression of her mission, GaiaVeda serves as a beacon for those seeking a more conscious and holistic way of life. It is her platform for fulfilling the sacred duty outlined in her spiritual philosophy: to uplift others on their path to higher consciousness.

Through GaiaVeda, the often esoteric and inaccessible wisdom of Ayurveda, Yoga, Meditation, Breath and Marma Therapy is made practical, approachable, and relevant to the challenges of modern life. It is a bridge that connects seekers with the tools they need to navigate their healing journey with condence and grace.

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Msc Ayurveda & Integrative Medicine

Post Graduate Sukshma Marma Therapy

BA Industrial Psychology

Certified Ananda Meditation Teacher

Certified Hatha Yoga Teacher

Certified Transformational Yoga Teacher





Services

Ayurvedic Consultations

An Ayurvedic consultation with Benita is a deep dive into the totality of your being. It begins with a thorough assessment of your prakriti (your unique mind-body constitution at birth) and your vikriti (your current state of imbalance). Through traditional diagnostic methods such as pulse reading (nadi pariksha), tongue analysis, and in-depth conversation, Benita pieces together a complete picture of your health. The consultation explores every facet of your life, diet, lifestyle, sleep patterns, stress levels, relationships, and spiritual Well-being.

The result is not a generic wellness plan, but a highly personalised roadmap back to balance. This may include dietary recommendations tailored to your dosha, lifestyle adjustments to harmonise your daily rhythms with nature, and customised herbal formulations to support your body's healing processes. Benita's guidance is practical and empowering, teaching you not just what to do, but why, so that you can become the conscious author of your own health.

Marma Therapy Sessions

Marma Therapy is one of the most profound healing modalities offered at GaiaVeda. In a session, Benita uses gentle, focused touch on the 107 vital energy points (marmas) located on the surface of the body. These points are junctions of consciousness and matter, acting as switches that regulate the flow of energy or chi throughout the subtle body. By stimulating these points, Benita can release deep-seated physical and emotional blockages, calm the nervous system, and awaken the body's own healing intelligence. A Marma session is a deeply restorative experience, often inducing a state of profound relaxation and meditative awareness. It is effective for a wide range of conditions, from physical pain and stiffness to anxiety, insomnia, and emotional trauma. It is a subtle yet powerful therapy that works at the very root of imbalance.

For those seeking a truly comprehensive transformation, Benita offers integrated healing programmes that combine the wisdom of Ayurveda, the power of Marma Therapy, and the spiritual guidance of Yoga, Breath and Meditation. These bespoke programmes are designed over a longer period, allowing for a deep and sustained process of healing and self-discovery. Benita works closely with you, adapting the approach as you evolve.

Integrated Yoga, Meditation & Breath Healing

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