

LAURA PLUMB

VEDIC SCIENCES

RESUME

As a graduate of the Kerala Ayurveda Academy, the American Institute of Vedic Studies, and with decades of study into Yoga, Meditation, Vedanta, Jyotish, herbal medicine, nutrition, health and healing, Laura Plumb is an international educator on the power of the Vedic sciences to promote vibrant health and sacred living.

Founder and Director of VedaWise, Laura Plumb leads workshops, trainings and teaches worldwide. She is widely recognized for understanding and sharing the deeper principles of Ayurveda while making them accessible and relevant to modern life.

Laura is lead faculty for the Ayurvedic Integrated Nutrition 200 hour Professional Training, author of the best-selling book Ayurveda Cooking For Beginners, creator/presenter of the online video course The Medicine In Your Kitchen: Introduction to Ayurvedic Cooking hosted by Spirituality & Health, host of the 53-part television show CleanseVeda available through Gaia and Amazon, and a 12-part series called Divine Yoga available at Amazon.

Formerly the General Manager of The Discovery Channel Europe, Laura offers clinical services in natural medicine and health practitioner trainings in the Vedic sciences. She leads online courses, and gives classes and consultations in Ayurveda, Jyotish, Yoga Therapy, Whole Food Cooking and Nutrition.

Additionally, Laura has served as a contributing Ayurvedic educator at the UCSD Center for Integrative Medicine, is an Ambassador for Banyan Botanicals and runs The Sophia Camp for Girls – a week every summer dedicated to cultivating self-esteem, self-care and self-regulation through Yoga, Ayurveda, mentoring and creative play.

Laura's blog food-alovestory.com is an inspirational free resource for Ayurvedic recipes and wise living. Her popular whole food, plant-based seasonal cleanses are powerful, effective and deliciously nourishing. Her articles on health and wellness have been published in Huffington Post, Ayurveda Next Door, Spirituality & Health, Well + Good, Yoga Digest and the Times of India, among other national and international media.



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OFFERINGS

- Retreats
- Trainings
- Keynote Speeches
- Workshops
- Podcast Guest

TESTIMONIALS

Those of us lucky enough to have you in our lives know you move as the angels do, silently and steadily giving and giving.

Rebecca

Thank you so much for the way you guide so many people to their true path and intuition. You are truly a blessing on this Earth

Barbara

Laura is incredibly knowledgeable, insightful, honest, adaptable, approachable, caring, kind and empathic. She has an amazing gift to communicate complex information to all.

Jane