

Veena Blilie

FOUNDER – SAUMYA AYURVEDA

Veena is a **Certified Ayurvedic Practitioner, meditation teacher**, and **monk** with more than 30 years of experience in the world's oldest traditional healing system.

As a child, Veena learned herbal remedies and food as medicine at her grandmother's knee. Today, she brings that lineage into modern life with intuitive, practical guidance that helps people restore balance in body, mind, and spirit... *naturally*.

Veena often supports people navigating chronic stress, digestive issues, hormonal transitions, fatigue, anxiety, inflammation, sleep disruption, and burnout.

Her work is deeply individualized and practical—helping people understand what's driving imbalance and what to change first.

Through Saumya Ayurveda, Veena has guided clients worldwide—from Australia to Uganda, Minnesota to Mongolia.

She also reaches a global audience online, with 250K+ annual readers on the Saumya Ayurveda blog and an engaged email list of thousands of subscribers.

In a field of alternative wellness often driven by profit, Veena's approach is refreshingly non-commercial.

She doesn't sell products or run an online store—her work is education-led, offering a holistic path for those who are tired of chasing answers in conventional care.

www.saumya-ayurveda.com info@saumya-ayurveda.com @SaumyaAyurveda

THE SAUMYA AYURVEDA WAY

Veena's work is grounded, education-led, and deeply individualized. She makes Ayurveda easy to understand—so people grasp *why* they feel the way they feel and walk away with a few realistic ways to begin.

She breaks Ayurveda into three accessible pillars called the "Healing Trifecta": food as medicine, herbs, and daily lifestyle practices:

FOOD AS MEDICINE

Food is one of Ayurveda's most practical tools—and its most personal. Veena teaches how to think about food through your unique pattern and your current season of life, with clear "start here" examples and supportive tips.

AYURVEDIC HERBS

Veena pulls back the curtain on herbal medicine: what herbs can support, why timing matters, and why the wrong "good herb" can backfire. Listeners leave with clearer context and better discernment.

LIFESTYLE PRACTICES

The "daily rhythm" side of Ayurveda. Veena shares approachable tools—diaphragmatic breathing, sleep support, and routine anchors—that calm the nervous system and steady the body, mind, and spirit.



FOUNDATIONAL RESOURCES FROM SAUMYA AYURVEDA

- What is Ayurveda? A Beginner's Guide + Beyond
- Food as Medicine: Free Ayurveda Recipe eBooks
- How to Cool Pitta and Reduce Body Heat with Ayurveda
- Ayurvedic Morning Routine: 6 Rituals for a Calm and Centered Day
- The Complete Guide to Diaphragmatic Breathing
- Meditation Essentials: Finding Stillness in a Noisy World

WHY INVITE *Veena* AS A GUEST?

HER AUTHENTIC VOICE

A grounded counterpoint to symptom-only care and commercialized wellness.

HER GLOBAL REACH

With clients around the world. Hundreds of thousands of readers each year.

HER ACCESSIBLE WISDOM

Ayurveda in plain language, for real life. Wide-ranging, practical, and gently humorous.

Podcast + Interview Topics

Veena brings rich and thoughtful insights to a wide range of health, wellness, and spiritual discussions. Her warmth and humor make for strong interviews, grounding big ideas in practical guidance that resonates with broad audiences.

Stress, Anxiety & Fatigue
How small, intentional shifts can profoundly affect stress, exhaustion, and resilience.

Digestive Health & Healing
With so much overall health rooted in digestion, Veena shares natural, sustainable ways to support gut health and whole-body balance.

Detoxification & Cleansing
A grounded look at what genuine cleansing can mean —beyond commercial detox trends and quick fixes.

Diaphragmatic Breathing (Pranayama)
Breath practices that calm the nervous system, help restore energy, improve sleep, and support healthy blood pressure.

Hormonal Health & Women's Wellness
Supporting hormonal balance across life, including monthly cycles, fertility, perimenopause, and menopause.

Integrated Health (Balancing the Doshas)
What it means to restore balance by addressing the root of imbalance—not just managing symptoms.

Avoiding Wellness Burnout
Navigating today's wellness landscape with simplicity, discernment, and practices that actually support the nervous system.

Spiritual Aspects of Health Practices
Staying rooted in authentic healing in a landscape often shaped by image, influence, and branding.

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POSSIBLE INTERVIEW QUESTIONS

- *For listeners who are new: how do you describe Ayurveda in plain language?*
- *What makes Ayurveda's "whole-person" approach different from the way most of us have been taught to think about health?*
- *When someone's been told "everything looks normal," what patterns can Ayurveda often spot that conventional care may overlook?*
- *What does addressing "root causes" mean for body, mind, and spiritual balance?*
- *What are the most common health issues you see right now (stress, fatigue, digestion, sleep), and how does Ayurveda understand them?*
- *Can you guide us through a 60-second practice right now—diaphragmatic breathing or a simple pranayama—and explain what it does?*
- *How can simple shifts in diet and lifestyle help address imbalance?*
- *If a listener did one thing this week, what would you recommend as the simplest, highest-impact place to start?*



Veena's work has been featured in...

Experience Life BY LIFE TIME

EVERYDAY HEALTH

ETHNIC MEDIA SERVICES
Promoting Cross Cultural Communications

natural awakenings CHICAGO

SEEMA

VOICEAMERICA

albuquerque THE MAGAZINE

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From the Saumya Community...

Trusted by Health Professionals

Physicians, psychologists and therapists refer clients to Veena and work with her themselves.

"Veena is a knowledgeable and experienced Certified Ayurvedic Practitioner. Over the decades, she has helped many of my therapy clients, particularly those for whom the allopathic approach to treatment was insufficient. She treats the whole person through Ayurvedic diet, lifestyle, and herbal recommendations. In Veena, you'll find both skill and genuine care."

DR. STEPHEN PARKER
Adjunct Professor, St. Mary's University, Minnesota

"I was encouraged to pursue a steady approach to create lasting changes. Now when I see my patients, I see so many suffering from similar symptoms related to diet and stress. I have referred several of my patients to Saumya Ayurveda. Veena is a blessing and such a rich resource."

DR. GAURI NAGARGOJE, M.D.
Hematology and Oncology

"What I experienced with Veena allowed me, not only a general understanding of health, but sparked a lifelong journey to use my knowledge to advance the acceptance of Ayurveda as a needed modality of health. This is a feat, considering I had difficulty focusing and digestive issues only four short years ago. Veena is a skilled healer with a solution to fit all."

DR. JESSICA BEDI, D.O.
Ayurvedic Doctor

"I have seen Veena at Saumya Ayurveda for several years. In fact, my whole family sees her. She has helped me with blood pressure, cholesterol management, and reducing inflammation. I sleep better, my stress has reduced, and my energy has improved."

BRYAN STENLUND
Licensed Psychologist, CEO, Stenlund Psychological Services, Minnesota

"I've known Veena for over 40 years and I've sought her Ayurvedic counsel to improve my state of well-being. When I was struggling with significant, unremitting, and deteriorating health issues, her Ayurvedic treatment was extremely beneficial. She has amazing gifts to share, and people should know that. Veena is a great listener whose subtle, penetrating questions effectively bring forward important information. She is also extremely intuitive."

JIM NELSON, MA
Psychologist, Author of Running on Empty, Minnesota

From the Saumya Community...

Clients Around the World

From the United Kingdom to Switzerland, Cyprus, India and Denmark, clients work with Veena through virtual consultations.

"I wanted a genuinely holistic approach to supporting my daughter, so I began by working with Veena on myself — to make sure I could "walk the talk" in a real and embodied way. I assumed I would be a quick fix, because I didn't have any major concerns and I was already fully onboard with Ayurvedic principles. But the work has shifted my whole perspective. It has nourished me to my core and strengthened my overall health, vitality, and sense of agency."

SITA BHAGEERUTTY
United Kingdom

"Working with Veena was a true pleasure. I booked the Half Year Consultation Package, and I am amazed about the positive changes that it brought into my life. I feel energized, less anxious and I have great Ayurvedic tools at my disposal."

REMO CANONICA
Switzerland

"What I appreciate most about Veena is her deep knowledge and teaching approach. She provides practical guidance and helps you understand not only what to do, but why it works, empowering you to take an active role in your own health."

G.F.
Cyprus

"Before I met with Veena, I was always tired. I would wake up and then need to take a nap. I had pain all the time. Now I enjoy walks and the other day, I realized I had no pain, for the first time, and I am very happy about that. I am a believer now!"

RAMI D.
India

"Veena helped me get my life back on track. My sleep is restored, and my stress level has lowered tremendously. The Saumya approach fitted right into my background in yoga and mindfulness meditation. Veena introduced the Ayurvedic routines and yoga practices gently and slowly, so they are now an integrated part of my life."

JANNE HOU CHRISTENSEN
Denmark