

Ayurveda

Why Ayurveda?

Originating in 5000BC, Ayurvedic solutions continue to help people live healthier lives by offering simple solutions to complex health issues.

**The Knowledge of this Ancient Wisdom assists in taking charge of our Healths using food as our medicine.
Please join us for this Complimentary Session**

**Learn [hands on] to make a
simple digestive tea that calms
the gut &
Learn the basics of this
'Science of Life' that offers
Optimum Health !**

**Where-Garden Of Yoga*
When -14th Dec, 7 to 8 pm
[complimentary]**

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