

AYURVEDA "AS IT IS" WITH DR GUPTA

The Ancient Wisdom of Healthy Living: 31 Aug – 12 Sept 15

**FREE Talk
Consultations**

**Evening Talks
Workshops**



Ayurveda is a 5000 year old science originating in India that describes how to live in harmony with one's natural constitution and the environment to obtain and maintain health and longevity.

FREE Talk:

Introduction to Ayurveda; determine your body type – vata, pitta, kapha

Wed 2 Sept: 7:15 – 8:30pm at Yoga Centre for Higher Self, 1 Marion Street, Level 1

Evening Talks:

Mon 7 – Thurs 10 Sept: 6:30 – 8pm

Cost per talk: \$20 waged, \$15 unwaged, \$60 for all 4 talks, pay at first talk

Higher Taste Restaurant, Cnr Customhouse Quay & Hunter Street, where a vegetarian meal can be purchased

Mon 7 Sept

Healthy routines for a more healthy you

Tues 8 Sept

Ayurvedic way to a healthy immune system

Wed 9 Sept

Ayurvedic home remedies

Thurs 10 Sept

Food allergies and intolerances

Workshops:

Fri 4 Sept: 9:30am – 12pm

Cost \$30 waged, \$25 unwaged

Tennis Court Road Memorial Hall, Raumati South, Kapiti Coast

Is your constitution prakruti or vikruti (balanced or unbalanced)?

What is out of balance and how to rebalance

Thur 10 Sept: 1:15 – 3:10pm

Cost \$30 waged, \$25 unwaged

Tennis Court Road Memorial Hall, Raumati South, Kapiti Coast

An introduction to Ayurvedic pulse diagnosis

Sat 12 Sept: 9:30am – 5pm

Cost \$90 waged, \$75 unwaged

Berhampore, Wellington

Ayurveda practical cooking demonstration and theory

Includes a vegetarian lunch cooked by Dr Gupta

Consultations and health assessments:

Tues 8 & Wed 9 Sept: half hour appointments

Venue: Berhampore in the mornings and
Bhakti Lounge in the afternoons

Cost: \$45

FOR FURTHER INFORMATION, BOOKINGS AND CONSULTATIONS

Contact Wellington Ayurveda Association – Shona and Nick

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