


Ayurveda for Practical Wellbeing



What impact do your food and lifestyle choices have on your emotional, mental and physical wellbeing?

How do these choices influence your sadhana?

How can you use the wisdom of Ayurveda to enhance your practical wellbeing?

To understand Ayurveda practically, join this FREE 90-minute Zoom seminar on Saturday 27thst March @2pm GMT (UK time)

with Zia Rawji and Marina Kapur