

Prajna Kuteera

A Unique Ayurveda, Panchakarma Rejuvenation Centre, Mysore, India



Presents Ayurveda Seminars

By

Dr. Poornima K. Murthy, MD, PhD, MRAV

Dr. N. V. Krishnamurthy, MD, PhD, DNY

**Directors and Chief Consultants,
Prajna Kuteera, Mysore, India**

Venue: Block 418, #02-295, Pasir Ris Dr 6, Singapore 510418

Date: 13th to 15th November 2009

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Ayurveda is a 5000 year old healing tradition which teaches us how our lives can be enriched, enhanced and extended without interferences from disease and ageing. It propounds that good health is not simply the absence of disease, but a state of harmonious and dynamic balance on all levels encompassing environment.

Applying the principles of Ayurveda will help you trust yourself to grow. Its holistic approach not only treats a person's physical ailments, but also looks at lifestyle to help maintain and improve health. Drawing time - tested tools from Ayurveda, discover ways to attain perfect mental and physical potential, uncover strengths and weaknesses and ways to increase health, longevity and happiness.

The Panchakarma and Rejuvenative treatments not only help to detox the body but correct its metabolism. The Rejuvenative treatments are specially designed to treat chronic health issues and root out the diseases.

Though Ayurveda is a science of life explaining the totality of life with preventive and curative aspects, it also considers the social and beauty aspects to complete the definition of health specially narrated by the great sage Sushrutha. So Soundarya chikitsa is equally important. Ayurveda explains in detail about Soundarya chikitsa to face, hair, hands and feet by using special medicated herbs, milk, oils, herbal paste and so on to cure the diseases and to enhance beauty.

Attend workshops by **Dr. N.V.Krishnamurthy** and **Dr. Poornima Krishnamurthy**, both gold medalists from Mysore university, practicing Ayurveda for nearly two decades. They run Prajna Kuteera, an International Ayurveda, Panchakarma Rejuvenation centre in Mysore, Karnataka, India.

Know about Ayurveda, its basic principles, and its holistic approach.

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Friday, 13th November 2009 :

Free Introductory Talk on
Healthy Living through Ayurveda

Time: 7.15pm to 9.30pm

Saturday, 14th November 2009 :

Workshop on
Panchakarma Rejuvenative Therapies

Time: 2.00pm to 5.00pm

Sunday, 15th November 2009 :

Workshop on
Beauty concepts in Ayurveda

Time: 9.30am to 12.30pm

Fee: \$150 per person

** Herbal Tea and Snack is provided*

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Dr Poornima Krishnamurthy and Dr. N. V. Krishnamurthy's current appointments in India and Australia include:

- ❑ Directors and Chief Consultants, Prajna Kuteera, Ayurveda Panchakarma Rejuvenation Centre, Ramakrishnanagar, Mysore, India
- ❑ Members, Rashtreeya Ayurveda Vidyapeetha, New Delhi, India
- ❑ Directors, Swami Vivekananda Research Institute of Medical Sciences and Rural Development Centre Mysore and Tumkur Districts
- ❑ Senior Faculty, JSS Ayurveda Medical College, Mysore
- ❑ Chief Consultants, Emerge Spa, Wind Flower Resorts, Mysore, India
- ❑ Senior Faculty – Yoga @ Bharthiya Vidya Bhavan, Mysore
- ❑ Members, Swadeshi Vignyan Andolan, India
- ❑ Organisers of innumerable health and yoga therapy camps under the auspicious of SVR Institute of Medical Sciences
- ❑ Visiting Faculty Member of NIIM - National Institute of Integrative Medicine, Melbourne, Australia
- ❑ Visiting Faculty Member of The Australian Institute of Holistic Medicine, Perth, Australia
- ❑ Doctors in the Medical Renaissance Movement, Melbourne, Australia

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For Registration,

Contact : **Ms. Linda Loo** at 94300232 (Mobile)

[Ayurveda consultations@ Singapore](mailto:Ayurveda_consultations@Singapore)

By Dr. Poornima.K.Murthy & Dr N.V.Krishnamurthy

[Available by appointment.](#)

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HOW WAS I INSPIRED TO JOIN THIS SEMINAR..?

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I hereby request you to register my name for the above said seminar.

DATE

SIGNATURE