

Prajna Kuteera

A Unique Ayurveda, Panchakarma Rejuvenation Centre, Mysore, India



Presents A Seminar on

Living in Harmony with Ayurveda A Focus on Women's Health

By

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

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

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

Venue : Vivekananda yoga centre
91 A, Frankel Avenue, Singapore.

Date: 16th November 2009

Time: 7pm to 9pm

Fee: \$ 125

www.ayurprajna.com

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Living in Harmony with Ayurveda

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.

Attend a seminar 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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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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Ayurveda consultations :

By [Dr. Poornima.K.Murthy](#) & [Dr.N.V.Krishnamurthy](#)

Available by appointment

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REGISTRATION FORM

NAME -

AGE -years **SEX** – Male / Female

OCCUPATION -

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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