

Prajna Kuteera

A Unique Ayurveda, Panchakarma Rejuvenation Centre, Mysore, India



Presents A Seminar on

Panchakarma and Rejuvenative Treatments in Ayurveda

By

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

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

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

Venue : Om Shiva Yoga Centre @horse city
01-02B Horse city, 100 Turf club road, Singapore

Date: 18th November 2009

Time: 10.30am-12.30 pm

□ **Fee: \$125**

www.ayurprajna.com

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Panchakarma and Rejuvenative Treatments in 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.

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.

Attend a workshop 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

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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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**#32, 3rd Cross,
3rd 'D' Main, E & F Block,
Ramakrishnanagar, Opp. Church,
Mysore - 570022,
Karnataka INDIA
Tel: +91-821-2542069,
Mob: +91 9448413270, +91 9448054676**

**#73/B, Vinaya Marga,
Siddartha Nagar, Mysore -570011**

Visit us:

Web: www.ayurprajna.com

email: poomurthy@yahoo.co.in, drnvkmurthy@gmail.com

For Registration:

Contact- **Mr. Ashokan**

Om shiva yoga @ horse city

01-02 B, Horse city, 100 Turf club road,
Singapore

Ph:(+65)64662257

E-mail:omshivayoga@gmail.com

[Ayurveda consultations@ Singapore](mailto:ayurvedaconsultations@singapore.com)

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

[Available by appointment.](#)

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#32, 3rd Cross, 3rd 'D' Main, E & F Block, Ramakrishnanagar,
Mysore - 570022, Karnataka INDIA Tel: +91-821-2542069, 2343069

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AGE -years **SEX** – Male / Female

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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