

You are invited to a special seminar by Dr Poornima K Murthy

## Coming to Grips with Stress



Date: **Sunday 20th April 2008**  
Time: **6.30pm till 8.30pm**  
Venue: **The Boulevard Centre**  
**99 The Boulevard, Floreat**  
Entry: **Gold coin donation**

**Dr. Poornima K. Murthy** M.D is a gold medalist from Mysore University, who has been practicing Ayurveda for nearly two decades. She runs an International Teaching Centre for Ayurveda at Mysore and unique Ayurveda Panchakarma and Rejuvenation Centres in Mysore and Bangalore.



**Healthy Living**  
the Ayurvedic Way

Ayurveda is an ancient healing system from India dating back 5,000 years. It is a holistic therapy which not only treats a person's physical ailments, but also looks at lifestyle to help maintain and improve health.

Drawing from the time-tested tools of Ayurveda, discover ways to attain perfect mental and physical potential, uncover strengths and weaknesses and ways to increase health, longevity and happiness.