

AYURVEDA OPEN DAY

Free Entry for everybody

Come and find out about unique natural health care system where other therapies have been insufficient.

When

15th March 2011
Tuesday, 1pm - 6pm

Where

Wanstead House, Wanstead
21 The Green, E11 2NT

On the Day

Presentation "What Is Ayurveda?"

12pm & 4pm, for ½ hour

Ayurvedic Yoga for your body type

12:30pm & 4:30pm

Through the day

Ayurvedic herbal tea and food tasting

Free body type assessment, pulse diagnosis
and Ayurvedic treatments

Book

Phone: 07779711615 / 07877695900

Email: herbalistash@yahoo.co.uk / zane@shree-shakti.com

Raffle

to win an Ayurvedic consultation
and/or Ayurvedic treatment
for FREE

For more information or to register for the event please visit:

www.wansteadhouse.co.uk / www.ayuva.com / www.shree-shakti.com

APA (Ayurvedic Practitioner Association)
For more information about Ayurveda
please visit www.apa.uk.com

