



Importance Of Food In Ayurveda

By Vaidya C D Siby
Chief Ayurvedic Physician

The Ayurvedic concept of health, does not separate the body, mind, and consciousness which is, in keeping with its holistic approach to life. The natural healing process, would therefore constitute a diet and lifestyle specific to your constitutional needs and in line with the seasons and cycles of nature.

In Ayurveda, food and spices are regarded as having medicinal propensities. Food should be fresh, organic and if possible, locally grown. The food, when prepared with love and gratitude will be energised with healing attributes. The concept of shad rasa (six tastes) is a central point in Ayurvedic cuisine. These six tastes —sweet, sour, salty, pungent, bitter and astringent— should be present in a meal in balanced proportions. Through the use of culinary medicinal spices, food is made more digestible and easier to assimilate . This session will recommend and explain how adopting an Ayurvedic approach to food can change your life forever.

Therapeutic Yoga

By Seelan Sinha
Yoga Instructor and Wellness Consultant

Therapeutic Yoga” is a way of applying the techniques of yoga to alleviate specific problems (physical, mental and/or spiritual) coupled with a combination of knowledge (specific to the problem), experience .

Happily we find that using yoga as a therapeutic tool has very positive side effects, as their whole being comes into a healthier state of balance.

Learning more about therapeutic yoga is beneficial not only to someone who would like to excel in the therapeutic applications of yoga, or to a teacher who just wants to safely aid students who have challenges in a general yoga class, but also for an individual student who wants to learn more about his/her own special needs and how to address them for a safe and rewarding yoga practice.



REGISTRATION IS FREE

Date & Time
Saturday, 7th May 2016
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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