

ASTRO Networks Victoria Inc.

is proud to present

Dr. Naveen Kumar

to speak on



Ayurveda ~ A Divine Way of Life

Dr. Naveen Kumar is a fully qualified and registered Ayurvedic Physician at **Ojus Health Ayurveda Clinic** in Melbourne. He graduated from a highly prestigious college in North India with a Bachelor of Ayurvedic Medicine and Surgery in 1999. He has 19 years' experience in treating patients of various disorders. He also has expertise in Detox methods and is a Yoga Trainer. He has taught at various Ayurvedic Medical colleges in India and he also teaches in Melbourne. He is famous for his in depth knowledge of Ayurveda and his unique style in explaining complex Ayurvedic subjects in a very easy and simple language

Ayurveda means 'Science of Life'. Ayurvedic principles advise us how to live healthy following an Ayurvedic lifestyle and how to treat a person based on diet, lifestyle modification, rejuvenation therapies and detox programs.

The Evenings' Presentation will Focus on;

- ***Ayurveda – An Introduction.***
 - ***Basics of Ayurveda***
 - ***Ayurvedic Lifestyle.***
 - ***Ayurvedic Body Types.***
- ***Ayurvedic Diet According to Body Types.***
- ***Rejuvenation and Detox Therapies.***

Ayurveda is one of the Worlds most Ancient and Powerful Mind & Body Health Systems. A Very Informative Evening! See You There!!

Monday, 14th of May, 2018

7:45 p.m. (8:00 p.m. start)

Members - \$5.00

Non Members - \$15.00

Kew Library, Cnr Cotham Road & Civic Drive, Kew, 3101

Organic Teas/Coffee/Herbal Teas with Biscuits provided

For more information about this and other ASTRO events contact Sergio or Josephine on (03) 9857 8719 (AH) or Email to; astro@home.netspeed.com.au or write to; P.O. Box 4032, Balwyn, Vic., 3103
Website Address: www.astronet.org.au