

Gurukul



Holistic Center
A Science of Living Institution
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(GYHC)

GYHC Presents.... Ayurveda Consultation with Dr. Indu Arora

Do you want

- **To know about your body type and get an expert advice on your nagging health concerns?**
- **To live a Happy and Healthy life naturally?**

Then, come meet Dr Indu Arora, an internationally renowned Ayurveda Consultant!

What is Ayurvedic Consultation?

Ayurveda is India's 5,000-year-old "Science of Life" and it is the art of living in harmony with nature. Your Dosha is your Ayurveda mind and body type.

There are three doshas in Ayurveda: Vata, Pitta, and Kapha. We each have all three of the doshas in our physiology, just in different proportions, so your dosha is unique and personal; it is like your fingerprint. To determine your ayurveda mind types, Dr. Indu will start by taking the **dosha quiz**. This will tell you which dosha is dominant for you and then she will **check your pulse, skin, eyes, nails, tongue etc** to know the state of balance/imbalance in your body. You will also get to know the appropriate **holistic diet and life style, Yoga Therapy** to stay in sync with nature and yourself. **She will guide you with simple kitchen and herbal remedies** for ailments and/ or your body type.

It helps in conditions like obesity, poor metabolism, diabetes, insomnia, asthma, allergies, joint pains, constipation, irritable bowel syndrome, lumbago, hormonal imbalance etc to name a few.

Dr. Indu Arora is an international speaker, Yoga Master, Ayurvedic Counselor, doctor in Alternate

Medicine, author and healer with more than 30,000 hours of teaching experience. She received awards like, "SAGE Award", "Gem of India", "Ray of Light", "Hall of Fame", "Dupage Woman you should know" for her contribution to Yoga. www.yogsadhna.com



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When? Sunday, Nov 13th 2011

Time:- 12.30-8.30pm

Duration: 1 hour

Consultation Fee: \$110 per person

Please call GYHC for appointment. Ph# 908-526-0002

Billions Yet To Be Served.....