



**The discussion groups held by NAMAH, the Journal of Integral Health, are continuing at AURA (the old Splendour showroom)
at the front of Society House on the Beach Road at Pondicherry.**

These meetings will take place regularly at 6.45 pm for 1 hour on the last Saturday of every month.

February 23rd 'Engaging your Intuition': Véronik Menanteau

March 30th 'Become your own counsellor': Dr. Falguni Jani

April 27th 'Ritucharya : daily uses of spice and herbs': Dr. Geeta Auropremi

All are welcome