



**The discussion groups held by NAMAH, the Journal of Integral Health, are continuing at AURA
These meetings will take place regularly at 6.45 pm for 1 hour on the last Saturday of every month.**

The discussion scheduled for 30th March has been cancelled.

The next session will take place as usual:-

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

All are welcome