



**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.**

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

May 25th Pulkit Sharma: 'Spirituality and addiction: the longing for something deeper'

June 27th Dr. Falguni Jani: 'Be your Own Counsellor'

All are welcome