



**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.

December 29th 'Health as a dynamic equilibrium': Dr. Alok Pandey

No meeting on 26th January

February 23rd 'Engaging your Intuition': Véronik Menanteau

**SEMINAR WITH SACAR
'Make your destiny' December 20-23
All are welcome**