



**The discussion groups held by NAMA, 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.

November 24th 'How to sleep well': Pulkit Sharma

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**