



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.

June 30th 'Ayurveda and a Healthy Lifestyle': Dr. Geeta Auropremi chairing

July 28th 'Health has a Dynamic Equilibrium': Dr. Alok Pandey chairing

August 25th 'Becoming your own Doctor': Dr. Debabrata Sahani chairing

SEMINAR WITH SACAR
'Yoga as a way of Living' August 25-26

All are welcome.