



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.**

October 27th 'Envisioning A Future Transpersonal Psychotherapy Inspired by Integral Yoga': Dr. Arlene Mazak chairing

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

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

All are welcome