



**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.**

**September 28<sup>th</sup> Dr. E. Karthiga: 'Siddha Medicine'**

**October 26<sup>th</sup> Dr. Arlene Mazak: 'Grief Work'**

**All are welcome**