

## **SAVE THE DATE**

### **Introduction to Ayurveda – India's Traditional System of Healing**

*Talks by Experts*

*17 January to 28 February 2018, Helsinki*

The Embassy of India in cooperation with the Finnish Indian Society is organizing a lecture series on Ayurveda on 17 January to 28 February in Helsinki. Experts will speak about following issues in interactive discussion.

Vastu, Nature and Ayurveda By Tarja Aalto/ Ayurvedic Choice

**17 January 2018 at 1730-1930, hall 104**

Ayurvedic Treatment by Mandip Kaur/ Surya Ayurveda Hyvinvointikeskus

**24 January 2018 at 1730-1930, hall 505**

Ayurveda and Stress Management by Pardaman Sharma/ Surya Ayurveda Hyvinvointikeskus and Anitta Korpela/ MarmaPoint

**31 January 2018 at 1730-1930, hall 104**

Chronic Diseases and Thyroid Problems by Ossi Viljakainen/ Suomen Ayurvedayhdistys ry and Lana Lavonen/ Lanaprana

**7 February 2018 at 1730-1930, hall 505**

Ageing Gracefully With Ayurveda by Bhawna Sharma/ Suomen Ayurvedayhdistys ry and Heidi Nyström/ Suomen Ayurveda Instituutti

**11 February 2018 1730-1930, hall 505**

Indian and European Herbs from Ayurvedic Point of View/

By Justine Cederberg/ Prasad and Terry Thomas/ Luontaishoitola Saraswati Oy

**28 February 2018 at 1730-1930, hall 505**

**Venue: Tieteiden talo, Kirkkokatu 6, Helsinki**

For registration please contact:

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