

Detoxification - The Path Back To Health

Are You....

- ✓ Interested in your health & well being?
- ✓ Feeling Stressed?
- ✓ Going through change in life - new job, retirement, separation, a new relationship?
- ✓ Fazed by constant changes in Life?
- ✓ Retired and learning to adjust to new ways of life?
- ✓ Juggling too many balls at the same time?
- ✓ Wishing you looked and felt younger than you do?

You May Like to have....

- ✓ Improved health
- ✓ A calm inside and outside in face of demands that life places on you
- ✓ Glow on your face that comes with inner peace
- ✓ A more loving and peaceful home and work environment
- ✓ A natural way of looking after your health & well being
- ✓ Some knowledge about how to keep yourself emotionally balanced

When	Wed July 22, 29 th and Aug 5 th 2009 6.00 pm - 9 pm
Where	10/22 Shields Crescent, Booragoon,
Cost	Early bird \$180 or \$200 per participant without any supplements etc. If supplements required, ask for the complete kit.
Booking	Secure your place by paying a non-refundable deposit of \$100
Payment	Cash, EFT, credit card or cheques payable to Ayurveda Awareness. Please fill in the booking form and return.
Contact	Ayurveda Awareness Centre 6262 9182 (T) e-mail: info@ayurveda-awareness.com.au

Program Highlights

In this experiential two week, 3 seminar series course you will learn about the principles of Ayurveda, how imbalances arise in your life, how to identify toxins in your body and detoxification. You will be on a simple

Ayurvedic diet and recommended lifestyle for two weeks during the course. There is a cooking demo during first session.

RECOMMENDED for anyone challenged by the stress of modern life - men, women, workers, retirees, parents, business owners - all who experience conflicting demands and stress

REQUIREMENTS - The only prerequisite is that you are prepared to invest in yourself and commit yourself to achieving your personal wellbeing goals. If you have any specific health condition, please let us know beforehand. The recommended foods and most of the supplements are available and a list will be provided or you can purchase a whole kit at the course at a special price of \$180.

The course is suitable for experienced clients as well as people who have no previous knowledge of Ayurveda. The course does not include a consultation with Ayurvedic Practitioner and is not a replacement for a more specific consultation. It is designed to work at preventative level of health and may not be suitable for some one very sick.

During the course participants will monitor their own progress at home and in the classroom with the facilitator.

OBJECTIVES - To introduce or deepen the experience of Ayurvedic principles for supporting personal wellbeing goals through diet and lifestyle for people who want to learn about prevention and how to help reverse the aging process.

Course Presenter

The Ayurveda Awareness Centre (AAC) in Applecross, WA, is a unique clinic practising the ancient secrets of holistic health. AAC assists people in restoration of natural health and its maintenance through a healthy lifestyle designed for individuals. As the pressures of modern day living become more apparent, Ayurveda offers powerful, time-tested techniques that connect us with nature's rhythms and lead us to a healthier, more fulfilling life.

Ayurveda Awareness Centre (AAC) is a Registered Training Organization offering nationally recognized courses in Ayurveda.

Detoxification - The Path Back To Health

How to Reverse the Aging Process

3 evenings, July 22nd, 29th and Aug 5th 2009

Booking Form

- Yes! I would like to join the course Detoxification - The Path Back To Health
- Enclosed please find payment of \$100 as a non-refundable deposit. I will pay the balance of \$100 by 15th July.
- Yes! I would like to join the Detoxification - The Path Back To Health course. Enclosed please find full payment of \$200 / \$180 (Early Bird till 28th June).
- Yes! We both would like to join the Detoxification - The Path Back TO Health program. Enclosed please find full payment of \$375.
- I need the whole food/ supplements kit valued at \$180.

Name: _____

Address: _____

Phone: (h) _____

(w) _____

(mb) _____

e-mail: _____

Please send your completed registration form asap to:

Ayurveda Awareness Centre, 14 Cunningham Street, Applecross WA 6153 or email at info@ayurveda-awareness.com.au

What our clients say about Ayurveda

- Fantastic - I came very stressed and left the program as a new person. I have been feeling much more in control and less stressed.
- My passion for life has returned. Thanks for openness, compassion and intuitive abilities.
- Very useful to consolidate what I already read & as an inspiration to put all in practice.
- A wonderful animated, informative workshop.
- Very informative, educational & practical.
- Extremely informative & useful. Looking forward to using what I have learnt.
- Very informative, educational & practical
- Warmest thanks for most enriching experience.....
- Thank you very much for your generous and warm spirit.
- Thoroughly enjoyed Ayurveda practices and great company. I have been feeling greatly energized and inspired by managing my daily practices learnt.
- Genuine and sincere - the facilitators were very approachable and supportive to answer the arising queries.....
- Delicious food and wonderful experience. Thank you.....



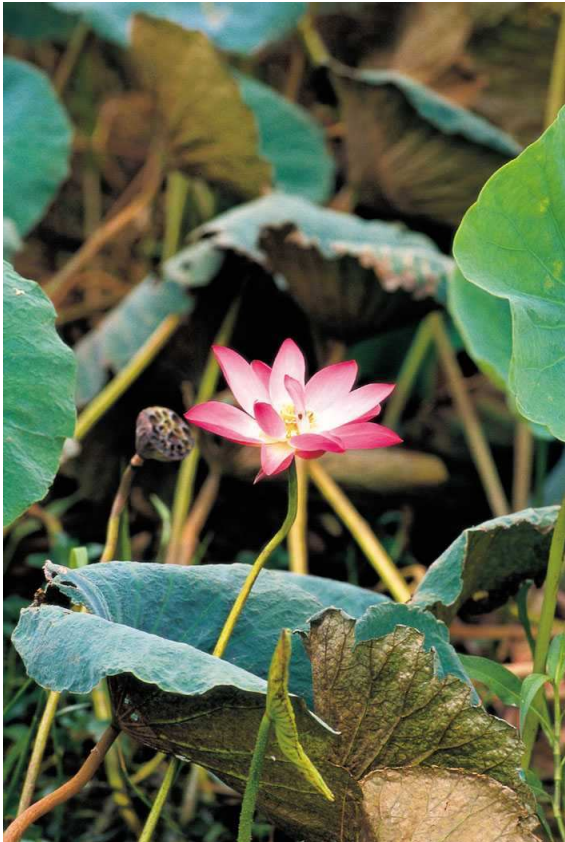
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6 pm – 9 pm**



Other services available

- Panchakarma detoxification treatments
- Stress management
- Women's health management
- Educational seminars and retreats
- Competency-based nationally recognized training in clinical Ayurveda
- Individual life style consultation
- Ayurvedic herbs and oils for sale
- Gift vouchers and Gift packs

*Reawakening the Spirit of
Life through Ayurveda,
the Science of Life*

