

AYURVEDA & WOMEN'S HEALTH



FULL-DAY INTENSIVE COURSE, SOUTH AUSTRALIA

"Kester spoke with such wisdom, common sense and knowledge!" - Miranda

Our modern western culture can make it very difficult, especially as women, to lead a life that supports our health and wellbeing. In this full-day intensive we will present the Ayurvedic view of women's health, covering not only common health imbalances, but also some of the essential considerations necessary for women to lead full, healthy and satisfying lives. Suitable for complete newbies but also students of Ayurveda.

The course will be delivered by Ayurvedic Practitioner, Naturopath, Herbalist and Director of the Mudita Health Clinic, Kester Marshall.

DATE: Sat 21 January 2017

TIME: 9.30am-4.30pm

LOCATION: The Ayurveda Village
33 Sandow Rd, Verdun SA

COST: \$170/\$145 concession or groups
(includes a delicious Ayurvedic lunch)

BOOKINGS: online or call (02) 6684 6090

TOPICS INCLUDE:

1. Ayurvedic nutrition for the whole family
2. Improving digestion, metabolism and weight
3. Improving and managing energy
4. Getting the best sleep possible
5. Slowing the ageing process
6. Ensuring a smooth menopause
7. Plus prevention and treatment of common conditions such as: Endometriosis, Dysmenorrhoea, Irregular cycles, PMS and cyclic acne, Autoimmune conditions and Osteoporosis.

