



## **A Discourse on Ayurveda “The Yoga of Life”**

***A talk by traditional teacher and guide Vaidyar Mani from Singapore***

**Saturday 17 January 2015: 5:30pm – 7:00pm (talk)\***

**Sunday 18 January 2015: 7am - noon (individual appointments)**

***\*There will be time allowed for questions and answers at the end of the talk***

Hosted by Ani Healthcare, 18 Amuri Avenue, Hanmer Springs

### **The talk will cover:**

**What is Yoga & Ayurveda**

**How and Why each of us is Unique**

**Managing your Life through Ayurvedic Lifestyle**

**Detoxification and Rejuvenation in Ayurveda**

**The differences in approach of Classical and Modern Ayurveda**

**The concept of ignorance and suffering and the means to rid suffering**



**Vaidyar Mani** from **Ancient's Best Clinic of Ayurveda & Yoga** (Singapore and Blenheim) comes from the traditional systems of Ayurveda and Siddha. His foundation of training and strength lies in his adherence to the spiritual application of these ancient sciences.

Vaidyar's talks are spontaneous as he shares the very practical application of classical Ayurveda as a tool to experience Yoga through the instrument of the body and mind we are born with.

Individual appointments with Vaidyar Mani can be booked in advance for the Sunday morning after the talk for Naadi Parikshai (pulse diagnosis) to determine your birth and current constitution, and to gain a deeper understanding of your unique body and mind and how to manage it for your life span. The art of Naadi Parikshai has been almost completely lost in modern times.

**Cost to attend talk: \$25 (if paid by January 6) - \$30 thereafter**

**To register** please contact Anne Heckel at [info@anihealthcare.co.nz](mailto:info@anihealthcare.co.nz) or 022 163 9133

**Individual Appointments (\$140):** For those wishing to book a personal pulse diagnosis with Vaidyar Mani the morning after the talk, please contact Nicky at Ancient's Best directly ([info@ancientsbest.co.nz](mailto:info@ancientsbest.co.nz) or 021 025 92428). Allow one hour for your appointment.