

Om Health & Wellness

Welcome to the FEB (1) issue of OM newsletter



Kriya Yoga, Sun Yoga,
Prosperity Workshops
-by Brahmarsi Prem Nirmalji
21-31 Jan 2012



Ayurveda Workshop
-by Dr Dharna
15 Jan 2012

Happenings in Jan'12

- **Dispensed ancient wisdom**
 - Ayurveda hands-on workshop ,15-19 Jan
 - Kriya Yoga, Sun Yoga, Aura Reading, Prosperity workshops, 21-31 Jan
 - Vedic Heritage, by Dr R Ranganji, 29 Jan
- **Friday evening yoga classes launched**
 - Fridays 7.30pm by Mona
- **New ayurvedic treatment launched**
 - Shirolepam (hair care herbal pack) only at

NEW YEAR RESOLUTION

with **AYURVEDA**

"Let us watch what comes out of our mouth rather than what goes into our mouth"



Let us watch what kind of food we feed our minds with, rather than what we put in our mouth. Let us LOVE ALL and this will help with better absorption of the vital nutrients and prana in our food. ...says OM VEDIC HERITAGE CENTRE!

Back again.....

AYURVEDA HANDS-ON WORKSHOPS

25-28 FEB (Sat-Tue)

25th: 1-4pm; Introduction to Ayurveda and its Principles.....\$100

26th: 9am-12nn; Art of Herbal Facial and Eye Care: Theory & Practicals\$70

27th: 7-9.30pm; Art of Head & Shoulder Massage and DIY Herbal Oil Preparation: Theory & Practicals...\$70

28th: 7-9.30pm; Art of Joint Care, Foot Massage and Nasal Care: Theory & Practicals\$70

FREE PRE-CONFERENCE TALKS/WORKSHOPS

Date: 4 February 2012, 10.15am-11am
Subject: Introduction to Trataka Yoga or Eye Therapy through Yoga

By: Jaya Prakash (Yoga Teacher)
Seats: 50

Date: 6 February 2012, 9-10.30 am
Subject: Yoga for Self Practice

By: Monalisa (Yoga Teacher)
Seats: 20

Venue: Om Vedic Heritage Centre, Singapore
To Register /Queries
Email: omvedicheritage@gmail.com

ANNOUNCEMENT

Om Vedic Heritage Centre is part of the "International Conference on Yoga, Naturopathy & Arogya Expo-2012" Bangalore 9-13 Feb



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YOGA LESSONS

@
OM VEDIC HERITAGE CENTRE
43 TESSENSOHN ROAD
(take exit B from Farrer Park MRT)



To download yoga lessons' schedule (PDF file) click [here](#)

	9-9am	9-10am	10-11am	11am-12nn	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6.30-7.30pm	7.30-8.30pm
Mon		Hatha Yoga 220/M								Pre-natal Yoga 220/lesson	Trataka-Eye Yoga 550/12 lessons	
Tues		Yin Yoga 220/M			Hatha Yoga 220/M							1 hr Dynamic Yoga 220/M
Wed		Yoga Therapy 540/Session										
Thurs		1.5 hr Dynamic Yoga 560/M								Post-natal Yoga 220/lesson		Trataka-Eye Yoga 550/12 lessons
Fri		Yoga Nidra 220/M										Hatha Yoga 220/M
Sat	FREE Nirmal Kriya Yoga*	FREE Meditation	Trataka-Eye Yoga 550/12 lessons	Hatha Yoga 220/M								
Sun						Yoga Nidra 220/M		Hatha Yoga 220/M				

ALL PRICES INDICATED ARE FOR MEMBERS ONLY (MEMBERSHIP IS \$100/YEAR)

Yoga Instructors at Om Vedic Heritage Centre

- (1) Candy Tian Tian
- (2) Monalisa, Pei Jia Ong
- (3) Rosie Liew
- (4) Jayprakash Pandey

To register please email omvedicheritage@gmail.com
or call 6492 9710 / 6297 2670 or SHAILU@93859520
www.omvedicheritage.com.sg

YOGA:

Greater Choice with Affordable Fees !

MONDAYS

9-10am: Hatha Yoga
5-6pm: Pre-natal Yoga
6.30-7.30pm: Trataka-Eye Yoga

TUESDAYS

9-10am: Yin Yoga
12-1pm: Hatha Yoga
7.30-8.30pm: Dynamic Yoga

WEDNESDAY

9-10am: Yoga Therapy

THURSDAY

9-10am: 1.5 hr Dynamic Yoga
5-6pm: Post-natal Yoga
7.30-8.30pm: Trataka-Eye Yoga

FRIDAY

9-10am: Yoga Nidra
7.30-8.30pm: Hatha Yoga

SATURDAY

8-9am: FREE Nirmal Kriya
9-10am: FREE Pyramid Meditation
10-11am: Trataka/Eye Yoga
11am-12nn: Hatha Yoga

SUNDAY

1-2pm: Yoga Nidra
3-4pm: Hatha Yoga

CASE STUDY:

Patient's age – 14 yrs Sex – F

History – Patient was complaining of acute pain and tenderness above the eye brows and heaviness over the nose and cheeks, the onset of which had started 3 months prior to visiting us. The pain would get triggered if she exercised or was exposed to sunlight for a long duration.

Treatment – Advised to undergo nasyam (a treatment wherein medicated oil is administered through the nostrils) for 7days, including the internal medication for 1 month, along with some diet restrictions.

Results – Pain reduced after 3 days of nasyam with much improvement seen after the 7th session and was completely relieved from the tenderness above the eye brows and heaviness on the cheeks and nose. Patient is still continuing with the internal medication and intermittent nasyam.



DOCTOR'S CORNER

SINUSITIS: The Ayurvedic Approach

Dr. Dharna, BAMS

SINUSITIS, DUSHTA PRATISHTAYA or PEENAS is an inflammatory and infectious condition of sinuses. Ayurveda has an effective treatment to offer for this disease. It usually starts with some infection or allergic reaction in the paranasal sinuses. Poor diet, digestion and elimination can create an internal environment in the sinuses that allows infection and allergies to occur more easily. Stress, poor lifestyle, bad circulation and lack of rejuvenative regimens can deteriorate the body's immune response to invading organisms in the sinus area.

Treatment called NASYAM is found useful for the sinusitis. In Nasyam, medicated oil is administered to each nostril by trained practitioners.

This treatment is very effectively in managing sinusitis.