

Om Health & Wellness

Welcome to the **JUNE** issue of OM newsletter



OM VEDIC HERITAGE CENTRE turned TWO on 16 May 2012!
We thank you for your continued support

Thought for the Month!

"The degree of freedom from unwanted thoughts and the degree of concentration on a single thought are the measures to gauge spiritual progress."

- **Sri Ramana Maharshi**

highlights for June 2012

OM VEDIC HERITAGE CENTRE ANNIVERSARY LUCK DRAW

On 16 JUNE @ 4PM

All ,Om Vedic Heritage Ctr Facebook Fans who have liked our FB page stand a chance to win 2 FREE sessions of 45min Abhyanga each (full body warm oil massage)

HANDS-ON WORKSHOPS in AYURVEDA

25-27 June, 6-8pm: hands-on workshops

Details on page 3

Coming soon.....OM AYTC... world's most ancient holistic health systems of Ayurveda and Yoga.....all brought to you under 1 roof and from expert Doctors of Medicine (MD) in Ayurveda & Yoga, from India.

OM AYURVEDA YOGA TEACHER'S TRAINING COURSE

About 200 hrs of intense and the best training in Ayurveda & Yoga brought to you by



Swami Paramhansa

Swastha Siksha Avam Paryavaran Sanrakshana Samsthana
(under section 44 of MPR act. 1973. 05/26/01/0897/10.Govt. of India)



STARTING ON 1ST SEPTEMBER...only at Om Vedic Heritage Ctr

Book your seat NOW at \$3500 only to become a certified Yoga Instructor with the special added knowledge in Ayurveda as well.....details will be emailed to interested participants only.

Email: omvedicheritage@gmail.com for more details

News & Events

May'12

• Dispensed ancient wisdom: 2-4 May

PREM NIRMALji's 2-day Master's Course was well attended by more than 20 pax

• Charity drive: 6 May

Yet another successful charity drive with nearly 800 kilos of old clothes, stationery and toys being collected and shipped to GOONJ, New Delhi, India

Launched....

• New Products: Freshly prepared Ayurvedic Kajal (eye-liner) only at Om Vedic Heritage Centre; \$5 only 100%herbal, coolant, soothing and good for dry eyes! Use this for New Born babies and infants as well.... TRY IT NOW !!!



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

	8-9am	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 \$20/M								Pre-natal Yoga \$20/Session	Trataka-Eye Yoga \$350/12 lessons	
Tues		Yin Yoga \$20/M			Hatha Yoga \$20/M							1 hr Dynamic Yoga \$20/M
Wed		Yoga Therapy \$40/Session										
Thurs		1.5 hr Dynamic Yoga \$40/M								Post-natal Yoga \$20/Session		Trataka-Eye Yoga \$350/12 lessons
Fri		Yoga Nidra \$20/M										Hatha Yoga \$20/M
Sat	FREE Nirmal Kriya Yoga*	FREE Meditation	Trataka- Eye Yoga \$350/12 lessons	Hatha Yoga \$20/M								
Sun						Yoga Nidra \$20/M		Hatha Yoga \$20/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



DOCTOR'S CORNER

Ayurveda Explains SCIATICA

Dr. Dharna, BAMS

SCIATICA (GRIDHRASI)

Ayurveda strongly believes that sciatica is caused by exasperation of Vayu that is responsible for sensation of nerves as well as movement of muscles. Also, constipation further aggravates sciatic pain. The problem usually occurs from the lower back all the way down the leg. Sciatica can become a very painful condition, with pain shooting up and down all along the sciatica nerve, affecting the buttock, thigh, calf and foot area of one side of the body and in some rare cases, both sides.

TREATMENT: Various effective treatments for sciatica exist.

As per Ayurveda, the perfect treatment for sciatica includes:

- * Medications or internal therapy
- * Dietary regimen
- * Rejuvenation therapy or customised external therapy
- * Lifestyle regimen.

For further details log on to www.omvedicheritage.com.sg or log on to our facebook page (om vedic heritage centre) for various tips.

Consult Dr Dharna for any of your health concerns now.

Call 6297 2670 for an appointment

AYURVEDA

ELAKIZHI/PODIKIZHI TREATMENT

(Bolos bag massage with medicated leaves/herbal powders)

It is very effective in improving the strength of muscles, relieving body pain including acute pains like sciatica and curing diseases such as arthritis and paralysis. In this treatment, herbal leaves/powders are applied to the whole body in bundles with hot medicated oils. The treatment is also known by the name Patra or Podi Swedanam.



Our very popular HANDS-ON WORKSHOPS in AYURVEDA
Are back again for the 4th time due to sheer demand and excellent results!!!
Brought to you by Om Vedic Heritage Centre from 25-27 June 2012

HERBAL OIL PREPRATION using gooseberries, curry leaves, henna, tender coconut water: for darkening of hair, scalp cleanser and hair conditioning.

25 June, Monday: 6.30-8.30pm (2 hrs @ \$75)

HERBAL HAIR MASK PREPARATION using holy basil leaves, neem leaves, lemon, hibiscus flowers, chickpea flour, curd/butter milk and Herbal shampoo preparation.

26 June, Tuesday: 6.30-9pm (2.5 hrs @ \$100)

ART OF AYURVEDIC HERBAL FACIAL with herbal face packs according to skin type and face scrub preparation.

27 June, Wednesday: 6.30-9pm (2.5 hrs @ \$100)

Sign up for all 3 and get 20% off. Members get additional 10% off.

FOR WHOM:

Ideal for persons running their own beauty parlours, for anybody's personal use at home and for therapists who want to improve their skills and knowledge in herbal therapies.



Email omvedicheritage@gmail.com for enquiries or to register.
Last date to register is 20 June