

ASTROLOGICAL CONSULTATIONS

- with expert from Kerala

MASTER CHITTUR VIJAYAN

\$80 1-1 consultation per horoscope

\$200 for a family (upto 4 horoscopes)

Available Monday to Sunday: all 7 days a week!

Also, Specialises in 1-1 Tantric Healing (to remove negative images & effects of black magic) @ \$100

Learn How to Read Your Own Horoscope: 1-day workshop

8 September, Saturday, 11.30am-6.30am @ Om Vedic; \$150/pax

Step by step lesson to understand the significance of the planets, houses and rashis (signs) and understand the co-relation between these planets, houses and rashis in your lives. Come with your date of birth, place of birth and time of birth and be part of the interactive discussion of your horoscope analysis and **take home a CD of your horoscope with predictions for 2012 and 2013.**

RIGHT FOOD FOR THE RIGHT CONSTITUTION!

Learn the Art of Ayurvedic Cooking & Healthy Diet
from
Dr Dharna, BAMS, Ayurvedic Consultant

14 SEP 2012, Friday, 10am-2pm
@
Om Vedic Heritage Centre

Each one of us have different needs.
Whether healthy or having an ailment or a
minor disorder, just join us on 14 Sep
& **step up your health** with the right diet
advice & learn to make various healthy
dishes & receive our recipe booklet too!

All for just **\$100** (UP: \$250)
pls RSVP by 11 Sep, to reserve your seat





Art of Herbal Facial and Eye Care

Practical hands –on session
with

**Dr Dharna, BAMS, Ayurvedic Consultant &
Shanti, Senior Ayurvedic Therapist**

19 SEP 2012, Wed, 6.30pm-8.30pm
@

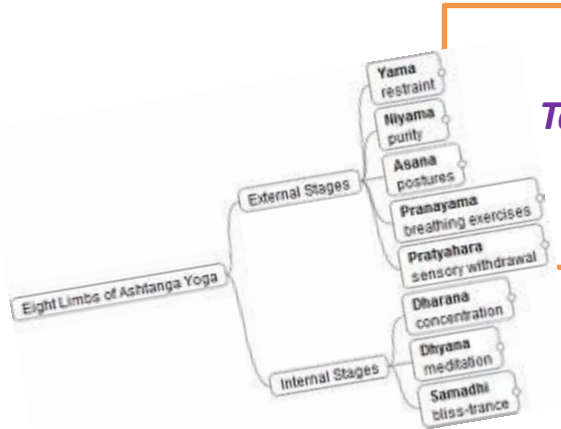
Om Vedic Heritage Centre

- Ayurvedic face cleansing, toning, moisturizing, scrub and face pack.
 - Learn the art of eye massage
 - Learn how to make your own home-made herbal face packs

+ 1 FREE 30 MIN FACIAL (to be used within 1 month of workshop completion)

All for just \$120 (UP: \$250)

pls RSVP by 17 Sep, to reserve your seat



YOGA the journey & the goal!

Talk on What is Bhakti, Karma, Gyana and Ashtanga Yoga

by

Shailu, Ayurvedic Lifestyle Practitioner

23 SEP 2012, Sun, 6pm-8pm

@

Om Vedic Heritage Centre

FREE for members & \$20 for non-members

Are you confused by so many terms used, karma yoga, bhakti yoga, gyana yoga, raja yoga, ashtanga yoga, kriya yoga, hatha yoga, etc??

In a very simplified manner, you will understand all this and more!

Get enlightened on what these terms mean and the paths to enlightenment!!

pls **RSVP by 20 Sep**, to omvedicheritage@gmail.com

Yoga classes in Sep 2012

FRIDAYS, 7.30-8.30pm

Hatha Yoga @ \$20/month for Om Vedic Men

SATURDAYS, 10.30am-11.30am

Hatha Yoga @ \$50/month for Om Vedic Men

TUESDAYS, 7-8pm

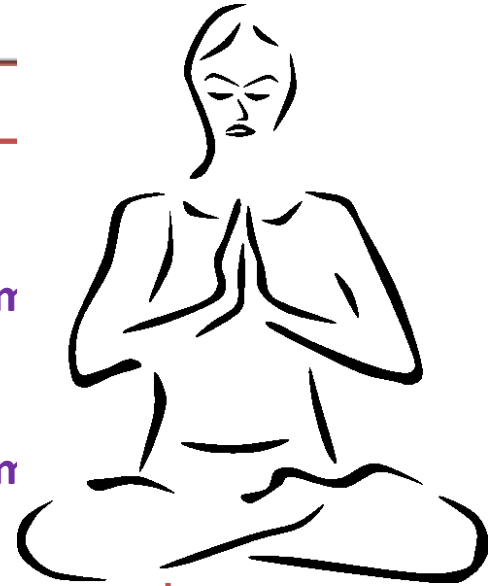
Dynamic Yoga @ \$20/month for Om Vedic Members

To begin soon..pls indicate if interested

SUNDAYS, 3-4pm

Hatha Yoga @ \$50/month for Om Vedic Members

Email: omvedicheritage@gmail.com





NEW
P3

‘GARBHA SANSKAAR’ PRECONCEPTION – POSTNATAL PACKAGE from **Dr Dharna, BAMS, Ayurvedic Consultant**

Obstetric Care through Ayurveda (GARBHA SANSKAR)

Ancient Indian medicine has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth. Ayurveda describes this theory as "Supraja janan".

3 months prior to conception – 3 months post delivery care

Preconception consultation with Dr.Dharna, health & diet advice and preparation of partners before conception

Prenatal care: Prescription of ‘Dinacharya’, daily practice for the pregnant woman [herbal bath, ayurvedic ghee (for growth and development of the foetus), diet, yoga, abhyanga-oil massage from 5th month, and routine body care]. Reading material, subjects of discussion, music and mantras will be provided.

Postnatal care: Mother and baby care through proper massages with ayurvedic oils, herbal drinks, medicines for proper lactation, getting back the physical fitness one had and tackling post natal emotions.

HOME SERVICE WILL BE PROVIDED

contact 6297 2670 or email omvedicheritage@gmail.com for more info and for details of cost



Ayurveda Explains LEUCODERMA (white skin) or VITILIGO (svitra)

Dr. Dharna, BAMS

Charaka Samhita , an ancient Indian Ayurvedic text , provides a description of leucoderma with recommendations for treatment. It is caused because of vitiated Kapha & Pitta dosha and unwholesome regimens in life. Ayurveda adopts three kinds of therapy for Vitiligo depending on the condition, age, etc. a. with herbal medicines; b. detoxification therapies and c. external application of herbal medicament/oils.

CASE STUDY: Success Story – Vitiligo; Patient's age – 14 yrs; Sex – F

Patient came to our centre with her parents 4 months ago. Her lips, knees, feet had whitish discolouration. Because of this condition she was suffering from very low self esteem. She lacked confidence and appearance in public was a challenge for her.

Her parents were very concerned of her and have been trying everything which they thought is best for her. They came to our centre with a hope to see a cure for their daughter. They went through a detailed consultation with the Ayurvedic consultant. And seeing the condition of her, she was put under strict diet and modification in her life style to bring in self confidence in her. Along with this Ayurvedic medicines were also advised by the physician and a mild detox therapy.

After a month white patches on the knees and feet seemed getting covered with natural skin colour. She was still advised to follow the same regimen. Regular follow ups were advised and after 3 months of treatment Knees and feet were completely covered with natural skin colour while lips were getting pink in colour. After 4 months of
Patient was still advised to follow the strict diet for 3 more months.

Consult Dr Dharna for any of your health concerns now. Call 6297 2670 for an appointment



OM VEDIC'S Popular & Rejuvenating Therapies

SPECIAL ABHYANGA: Ayurvedic Special 1 –hr Muscle Toning Massage for just **\$100**
With very special ayurvedic patented oils

SHIROLEPAM: Ayurvedic Special 1 –hr Customised Hair Care Packs for just **\$75**
With very special ayurvedic patented oils
-To prevent hair loss, strengthening of hair roots, hair lustre

AYURVEDIC FACIAL: OM VEDIC'S customised herbal facials @ **\$60** ...MUST TRY!!!

SEPTEMBER SPECIAL

**BUY ANY SIX SESSIONS OF THE ABOVE (the same session or a mix is allowed)
AND GET 1 FACIAL WORTH \$60 FREE**

BUY IN SEP 2012 AND USE WITHIN 6 MONTHS

Call 6297 2670 now for an appointment !!!