



ABOUT

OM VEDIC HERITAGE CENTRE

(in collaboration with The Ayurvedic Trust, Coimbatore, India)



First authentic ayurvedic centre in Singapore to be accredited by CaseTrust for spa & wellness 'good business practices'. (since October 2010).



From India, Now in Singapore....

In collaboration with the The Ayurvedic Trust (AVT), Coimbatore (India), we bring you holistic and authentic wellness of the body, mind and soul.

AVT is a division of the **Arya Vaidya Pharmacy (AVP), Coimbatore, Ltd.**, pioneers in Ayurveda, established in 1943. Over the years, it has grown into a large enterprise in the field of Ayurveda, offering services in the fields of Education, Research, Pharmacy and Clinical Practice. Padmashri **Sri P.R. Krishnakumar**, is the head of the AVP group of institutions and Mentor for Om Vedic Heritage Centre.

Om Vedic Heritage Centre is the definitive choice for those looking for a **'One Stop Centre for Holistic Wellness'**. We offer exclusive Indian Heritage, Health and Wellness Programmes and Products.

* means, knowledge derived from ancient Indian texts called 'The Vedas'

OM – AYURVEDA “THE SCIENCE OF LIFE”

.....sheer holistic and therapeutic indulgence

Dr. Dharna a qualified Consultant and Ayurvedic physician (Vaidya) from India and well versed in ayurvedic therapies and massages (from Kerala) is available for consultations, to offer guidance and personalised treatments (therapeutic as well as rejuvenative).



DR. DHARNA
93843522

AYURVEDIC SERVICES

Ayurvedic medicines: Authentic and pure, from Arya Vaidya Pharmacy, Coimbatore and Arya Vaidya Sala, Kottakkal, India.

Facilitate in-patient treatment bookings at any one of AVP's centres/hospitals situated within and outside India (including Malaysia). [subject to availability]

Ayurvedic therapies and massages as prescribed by the Doctor.

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|--|--------------------------------|
| Therapies for: | Speical Programmes for: |
| Back pain | Fat reduction |
| Neck, spine, knee / joints | Hair loss / Hair care |
| Sprains, muscle pulls, aches | Skin care |
| Sleeping disorders | Eye Care |
| Hormone imbalance | Relaxation |
| Skin disorders (eczema, psoriasis etc) | Detoxification |
| Indigestion; Loss of apetitie | |
| Gastritic problems | Management of: |
| Anemia | Diabetes |
| Facial paralysis; Stroke | Body fatigue |
| Migraine | High blood pressure |
| Gynaecological disorders | Arthritis |
| Common cold | Stress / anxiety |
| Sinusitis | Oedema |
| Hair loss | |



DISCLAIMER:

These are healing therapies. It is not a substitute for professional medical diagnosis or treatment.

The information that you may receive is specifically intended to empower you to embrace your own well-being and to motivate you to achieve your own version of true wellness.

OM INDIAN HERITAGE CLASSES (INHERIT)

INHERIT HEALING & WELLNESS

.....dispensing ancient wisdom

Our experts in yoga, breathing exercises or pranayama, meditation, astrology and diet / lifestyle regimen will offer you holistic care.

YOGA (Combination of Hatha & Ashtanga yoga): Our yoga experts conduct regular classes for adults and children as well as Yoga Instructor's Certificate Course.

MEDITATION: Through our group meditations, get in touch with your own divine innerself. Learn to be conscious of the present and your mind's true nature, at every moment and let your mind not be disturbed either by passing sorrows or by the ephemeral joys of the world.

INHERIT COURSES & WORKSHOPS

.....the world beyond classrooms

We offer a plethora of Indian heritage courses, workshops and talks to help our customers adopt or adapt a more holistic approach to life. We have developed structured, exclusive 'Living Heritage of India' programmes which will be handled by talented and certified OM trainers.

INHERIT TRAVEL PACKAGES

.....discover the 'living heritage of India'

Experience India's rich, unique and diverse culture and Heritage ! We organise heritage tours to India and also offer tourists to Singapore, a flavour of India's rich ancient heritage and culture through our appealing INHERIT packages which will also include Ayurvedic rejuvenation therapy.



OM - NATURE'S RETAIL NEST

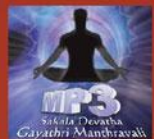
.....your natural choice!

Make the most of our nature's hand-picked products to 'naturally' enhance your life.

PRAYER ITEMS



INCENSE STICKS \$1.20



MANTRA/MUSIC AUDIO CDS FROM \$8 ONWARDS

HEALTH SUPPLEMENTS



MCT POWDER \$18



HERBAL WATER MIX \$2

HERBAL TOOTHPASTE \$3



HERBAL COSMETICS



\$30

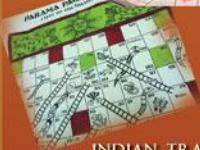
TERRACOTA JEWELLERY FROM \$6 ONWARDS

BHAGAVAD GITA BOARD GAME



\$42.40

\$29



INDIAN TRADITIONAL GAMES FROM \$5 ONWARDS

\$5



BOOKS ON AYURVEDA & YOGA FROM \$5 ONWARDS

AYURVEDIC MEDICINES & OILS



\$40



PYRAMIDS FOR MEDITATION / ENERGY FROM \$5 ONWARDS

INHERIT HEALING & WELLNESS

.....dispensing ancient wisdom

YOGA (Combination of Hatha & Ashtanga yoga):

- Yoga Instructor's Certificate Course: \$2,900
- Kid's Yoga: \$125 / 8 sessions (1 hr)
- Yoga for Adults: \$120 / 10 sessions (1 hr)
- Yoga for Sr Citizens: \$100 / 10 sessions (1 hr)

MEDITATION: FREE group pyramid meditation, on SATURDAYS, 9AM -10AM

ASTROLOGY: We offer computerised horoscopes as well as astrological consultations (\$50 / horoscope) with experts from Kerala, India.

SIGN UP NOW!

Be our privileged OM member and avail discounted rates for all our current and future programmes and services



BUY OM GIFT VOUCHERS



Hours of Operation
Monday - Saturday
8.30am - 8.00pm
Sunday: 10am - 3pm

Doctor's Consultation Hours
Tue - Sat : 10am - 5pm
Sunday: 10.30am - 3.00pm



We are just 5-minutes (by walk) away from Farrer Park MRT Station (Exit B) and in a shophouse opposite Singapore Civil Service Club.

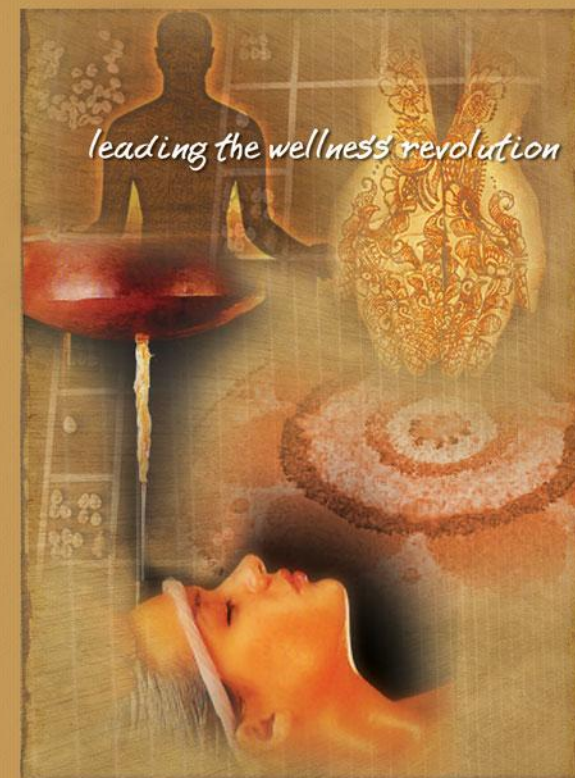
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"A HOLISTIC EXPERIENCE IN LITTLE INDIA"



leading the wellness revolution

ॐ
vedic heritage centre

सर्वे भवन्तु सुखिनः SINGAPORE सर्वे भवन्तु सुखिनः

IN TECHNICAL COLLABORATION WITH THE AYURVEDIC TRUST, COIMBATORE, INDIA

सर्वे भद्राणि पश्यन्तु

सर्वे भद्राणि पश्यन्तु

माँ कश्चिदुखभागभवेत्

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ACCREDITED SINCE OCTOBER 2010