

OM – NATURE'S RETAIL NEST
.....your natural choice!

We provide a unique shopping experience as you shop in our outdoor garden. Make the most of our nature's hand-picked products to 'naturally' enhance your life. So whether you are seeking classical / proprietary ayurvedic medicines, 100% chemical-free body, herbal products, books on ayurveda, sanskrit & tamil mantra/shloka/music CDs, original high quality spiritual rosaries and rudraksha beads from the Himalayas or terracotta jewellery, OM is your natural choice!



YOUR ONE STOP CENTRE FOR HOLISTIC WELLNESS !!

- Authentic ayurvedic therapy and packages
- Vocational training/ courses/ workshops/ talks for the body, mind and soul
- Astrology
 - Computerised horoscopes
 - Astrological consultation
- Yoga, meditation and pranayama
- Heritage classes for
 - Children
 - Adults
 - Tourists
- Library and scientific reference material
- Retail products developed and sourced from artisans and exclusive dealers across India and Singapore
 - Ayurvedic oils and medicines
 - Premium range herbal products
 - Books
 - CDs
 - Terracotta Jewellery
 - Genuine spiritual rosaries (rudraksha, tulsi, sphatika)
 - Pooja/ prayer Items
 - Gift items
 - Potted plants (herbs)
- Coming.....
 - Wellness camps
 - Ayurvedic health beverages
 - And more...

SIGN UP NOW!

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



"A HOLISTIC EXPERIENCE IN LITTLE INDIA"



Hours of Operation

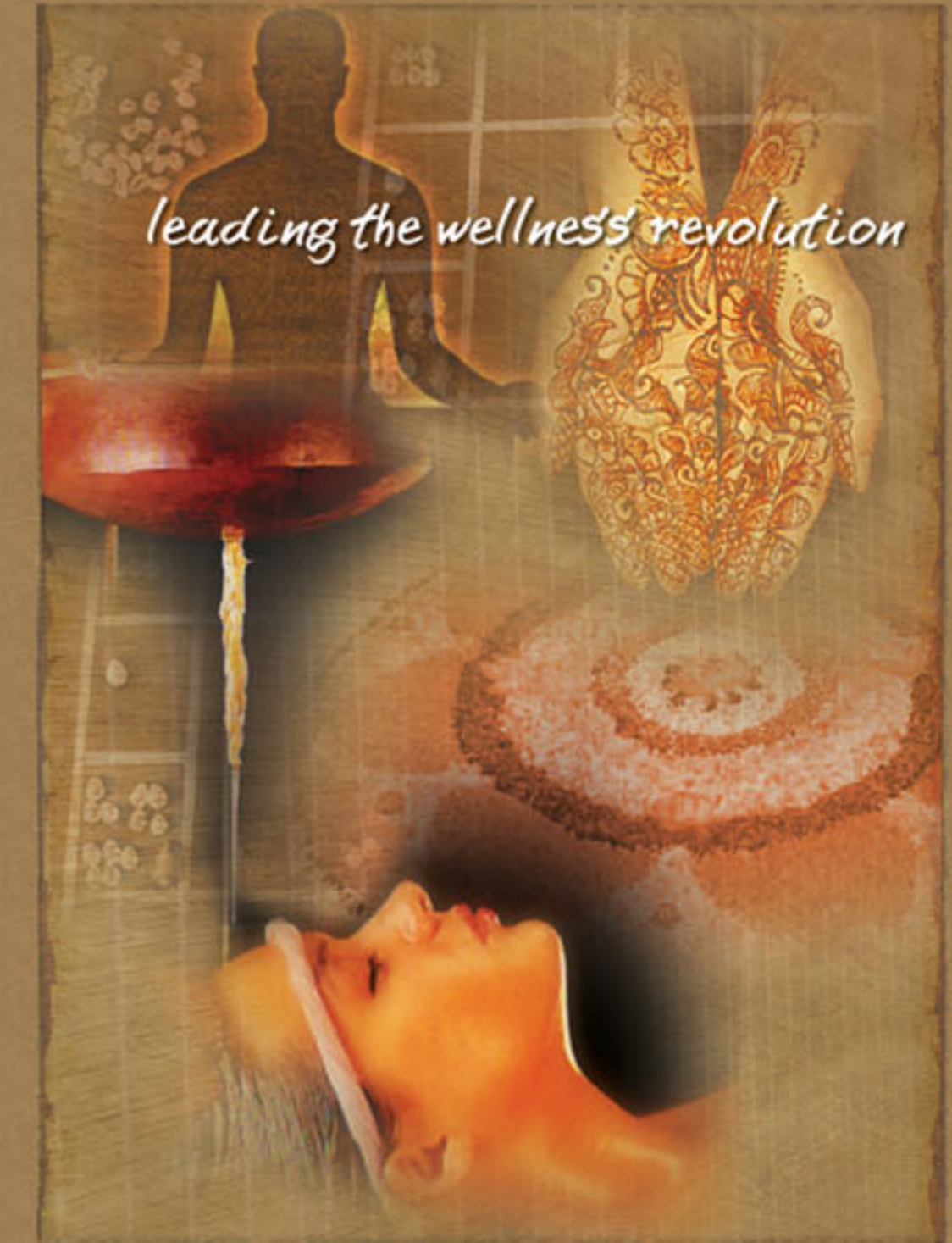
Tuesday to Sunday: 10am to 9pm
We remain closed on Mondays



We are conveniently located at 43 Tessensohn Road, Singapore 217661, a 5-minute walk from Farrer Park MRT Station and opposite Singapore Civil Service Club.

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SINGAPORE
IN TECHNICAL COLLABORATION WITH THE AYURVEDIC TRUST, COIMBATORE, INDIA

सर्वे भवन्तु सखिनः
सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु
मां कश्चिदुखभाग्भवेत्

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ABOUT

OM VEDIC HERITAGE CENTRE

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



Ancient Indian Vedic* Techniques, Products and Services that speak the language of tradition and wellness.....

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, in collaboration with our well established and renowned collaborator, AVT, Coimbatore.

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

OM – AYURVEDA “THE SCIENCE OF LIFE”sheer holistic and therapeutic indulgence

Come and experience this fascinating ancient holistic science, called the 'mother of all holistic modalities', so relevant in our search for solutions to today's health care challenges.



For therapeutic and rejuvenation services avail consultation services offered by our well qualified and highly experienced (over 22 years) Consultant Ayurvedic Physician (Vaidya) Dr. Ranjit David, from India and massage services by trained Therapists.

AYURVEDIC SERVICES

- **Know yourself:** receive a personal printed ayurvedic health evaluation form after consultation with our Doctor
- **Ayurvedic medicines:** Authentic and pure, from Arya Vaidya Pharmacy, Coimbatore, 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 treatments/health massages as prescribed by the Doctor:
 - Abhyanga:** Warm oil body massage to relieve fatigue and muscular lethargy
 - Shirodhara:** Rhythmic flow of oil/buttermilk/milk onto the forehead to manage fatigue and treat insomnia, chronic headaches and spondylosis
 - Pizhichil:** Warm oil poured continuously on to the body. Effective in skeletal and muscular diseases, rheumatoid arthritis, osteoarthritis, lumbago and sciatica
 - Navarakizhi:** Whole body smeared with oil and massaged with boluses of Navara rice cooked in medicinal decoction and milk. Useful for blood circulation, skeletal and muscular diseases
 - Shirovasthi:** Pouring and retaining of oil on the head of the patient who is wearing a cap made of leather. Effective in eye, nose and ear diseases, chronic headaches, facial paralysis, insomnia and improving vision and memory

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 & Wellnessdispensing ancient wisdom

Explore any of the Traditional Indian Sciences that complement Ayurveda in maintaining physical fitness, mental stability and emotional control. Our experts in yoga, breathing exercises or pranayama, meditation, astrology and lifestyle regimen will offer holistic care. We will also help you individualise your health care practices, and much more!

Using traditional VEDIC / INDIAN astrological science from Kerala, we offer you computerised horoscopes (from India's no.1 producer of astrology related software) as well as astrological consultations with experts from Kerala, India. Horoscopes may be printed in English and many other Indian Languages.

INHERIT 'Living Heritage of India' Programmesthe world beyond classrooms

We offer a plethora of Indian heritage courses, workshops, talks and resources 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 Courses and Hobby Classes for Children

Try out our unique and comprehensive FIRST of its kind in Singapore, 'OM INHERIT Course for Children'- a new learning experience and exposure to India's rich culture and heritage. We also conduct OM INHERIT hobby classes for children to help them develop a new hobby or pastime and express their artistic talent and creativity in a traditional way.

INHERIT Courses and Workshops for Adults

We offer various customised Indian heritage and culture, talks, courses and workshops for adults, conducted by experts from India, Singapore and other parts of the world too.

INHERIT Programmes for Tourists

Experience India's rich, unique and diverse culture and Heritage without going to India! We provide local residents and 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.