



A Discourse on Ayurveda “The Yoga of Life”

A talk by traditional teacher and guide Vaidyar Mani from Singapore

Sunday 27 September 2015: 2:00pm - 4:30pm (talk)

Monday 28 September 2015: 7am - 11am (individual appointments)

Tuesday 29 September 2015: 7am - 11am (individual appointments)

Talk held at Tauranga Yoga Centre 173 Elizabeth Street West, Tauranga
Individual Appointments at Arataki Community Centre & Mount Sports Centre

The talk will cover:

What is Yoga & Ayurveda

How and why each of us is Unique

The 'Key' to understanding yourself - Ayurvedic Pulse Diagnosis (Nadi Parikshai)

What is Ayurvedic Lifestyle

Detoxification and Rejuvenation in Ayurveda

The differences in approach of Classical and Modern Ayurveda

The concept of ignorance and suffering and the means to rid suffering



Vaidyar Mani from **Ancient's Best Clinic of Ayurveda & Yoga** (Singapore and Blenheim) comes from the traditional systems of Ayurveda and Siddha. His foundation of training and strength lies in his adherence to the spiritual application of these ancient sciences.

Vaidyar's talks are spontaneous as he shares the very practical application of classical Ayurveda as a tool to experience Yoga through the instrument of the body and mind we are born with.

The title 'Vaidyar' means teacher or guide.

Individual appointments with Vaidyar Mani can be booked in advance for the morning after the talk for Naadi Parikshai (pulse diagnosis) to determine your birth and current constitution, and to gain a deeper understanding of your unique body and mind and how to manage it for your life span. The art of Naadi Parikshai has been almost completely lost in modern times.

Cost to attend talk: \$35 (if paid by Tuesday 1 September 2015) - \$45 thereafter

Registration for talk: please contact Sue Furey to register and pay - info@taurangayoga.org.nz or 022 350 3891

Individual Appointments (\$140): For those wishing to book a personal pulse diagnosis with Vaidyar Mani the morning after the talk, please contact Nicky at Ancient's Best directly (info@ancientsbest.co.nz or 021 025 92428). Allow one hour for your appointment. Please book early to ensure your place.