



KERALA
ayurveda™
wellness, naturally.



FALL INTO BALANCE WITH AYURVEDA

Fall Open House

Thursday, October 16, from 10 - 7

WE welcome the community, fellow integrated medical practitioners and our clients, to visit us at our new location in Wallingford. Our 10 treatment room facility will be filled with demonstrations, classes, give-a-ways, food, henna art, caricatures, and lectures from all of our staff members.

OUR DEMO'S AND LECTURES WILL PROVIDE EDUCATION ON:

Naturopathic medicine | Acupuncture | Ayurvedic medicine | Pancha Karma | Massage Therapy | Colonic Hydrotherapy | Yoga | Nutrition.

▶▶ Please see our open house schedule for more details.

OUR GRAND PRIZE GIVE-A-WAY IS A 3 DAY PANCHA KARMA PACKAGE (INDIAN DETOX) VALUED AT \$ 900.

We look forward to meeting you, and sharing the health benefits of our offerings here at Kerala Ayurveda.

SCHEDULE:

All programs are free

10:00 - 11:00 Welcome by our Clinic director, food, clinic tour, introductions

11:00 - 11:30 Benefits of Colon Hydrotherapy discussion, room tour

11:30 - 12:00 Benefits of Cranio-Sacral therapy

Noon - 1:00 Therapeutic Yoga class

1:00 - 1:30 What is Pancha Karma? How can it help me?

1:30 - 2:00 Synchronized Abhyanga massage, with Shiro-dhara demo

2:00 - 2:30 Women's health with Naturopathic Medicine

2:30 - 3:15 Back Care and Hip opening Yoga postures

3:15 - 3:30 Thai massage demo

3:30 - 4:00 How meditation reduces stress. Meditation class with Dr. Weber

4:00 - 4:30 Synchronized Abhyanga massage demo, PK Q&A

4:30 - 5:00 Back Care and Hip opening Yoga postures

5:00 - 6:00 Door prizes, food

6:00 - 7:00 Closing remarks