



Managing Your Life the Natural Way

An Introductory Talk about the Ancient Secrets to Wellbeing

Ancient wisdom has been available to us for thousands of years. The tools it offers us are simple and practical and are readily applicable in your life *right now*.

Come along and learn:

- Why you are unique and what that means in terms of managing your life better
- What is the root cause of dis-ease and disturbance
- What Lifestyle and Living Naturally really means
- What Healthy Eating is all about
- What are the Three Pillars of health and longevity
- How Healing takes place and your role in this

When: Saturday 9 August, 2014, 9:30-11am

Where: Skin Soul Self, 81 High Street, Picton*

Cost: \$15

RSVP to: Michelle on 021 0266 4745

**Talks will also be held in Blenheim, Nelson, Christchurch and Auckland*

Presenters:



Vaidyar Mani from Ancient's Best Singapore will be giving the talk. Vaidyar in this instance means 'teacher or guide' and Vaidyar Mani is a traditional guide with his foundation and strength anchored in the traditions of Ayurveda and Siddha through the lineage of his parents, grandparents, and great grandparents.

He will be joined by Nicky Hewett, Ayurvedic Practitioner, Yoga Teacher, and Owner/Manager of Ancient's Best New Zealand (based in Blenheim).



Ancient's Best has a Clinic in Blenheim offering consultation, individual and group Yoga classes, detoxifying Massage Treatments, Sirodara Treatments (pouring of warm oil on the forehead), talks and workshops, and a range of herbal products, books etc.

There will be the opportunity for those attending the talk to book an individual consultation with Vaidyar Mani on a morning following the talk.

More information is available at www.ancientsbest.co.nz or call Nicky (03 577 6099 / 021 0259 2428)

"Helping You Take Charge of Your Life"