

Ayurveda for Everyday Well-being

WORKSHOP LEADER(S)

Girish Momaya (MERU)

PURPOSE AND FORMAT

Accessible Ayurvedic principles supporting physical, mental and spiritual balance in everyday life.

Join the workshop

Register: <https://forms.gle/BZFcjgEQ5ffcYMG19>

New University Building, VU Amsterdam · Final room TBC