

WORKSHOP · VU AMSTERDAM

Ayurveda for Everyday Well-being

Explore accessible Ayurvedic principles for physical, mental and spiritual balance in everyday life. This practical workshop focuses on daily rhythm, nourishment, rest and well-being.

20 OCTOBER 2026

16:15–17:15 CEST

Flexible classroom - room to be announced

20 October · VU Amsterdam · Dutch

WITH



Dr. Anita C. Nanhoe

Facilitator

Ayurveda practitioner

Everyday approaches to balance, awareness and responsible self-care, guided by Dr. Anita C. Nanhoe. This workshop will be delivered in Dutch.

Join the conversation

FREE PARTICIPATION · REGISTER TO JOIN

livingdharma2026.omrise.net

