



# **AYURVEDA AND WOMENS HEALTH**

**SATURDAY NOV 2<sup>ND</sup>, 2-4 PM**  
*\$25 for members; \$35 for non-members*

This lecture will focus on the following points:

- Basic understanding of Ayurveda concepts & foundation of Ayurveda
- Ayurvedic perspective on women's anatomy & physiology
- Healthy Ayurvedic lifestyle for women
- Guidance on diet and recipes
- Female health supporting herbs
- Learning and understanding the role of yoga & meditation

**A K A S H A**  
Yoga • Healing Arts • Education

## **Join Swati Mhaske, B.A.M.S., MSc. Pharm.**

Swati is an Ayurveda Physician with a Bachelor of Ayurveda Medicine and Surgery from India and also holds a Masters in Pharmaceutical Medicine from India.

With an extensive knowledge and experience in Ayurveda for 11 years, Swati has hands on training in Panchakarma (detoxification and body cleanse procedures). She offers one-on-one Ayurvedic consultations in treating lifestyle disorders, hormonal imbalances, fertility issues and other health imbalances in adults and children.

She is the founder at HemaVeda— An Ayurvedic healing for a happy and healthy life ([www.hemaveda.com](http://www.hemaveda.com)).

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