

Wednesday November 20 ,2019

International Conference about **Yoga & Ayurveda**

By the Indian Doctor **E.P. Jeevan**

7.00 pm to 08.30 pm

The conference will be held in Via Veio 78 C/D, 5 minutes walk from San Giovanni metro station (lines A and C).
The conference will be spoken in English and simultaneously interpreted in Italian.

Seating in the Shala is limited. It is therefore necessary to reserve your place beforehand by either calling or sending a message to Stefania, [+393471084818](tel:+393471084818).

Participants are asked kindly to bring a mat or a cushion so as to be seated comfortably.

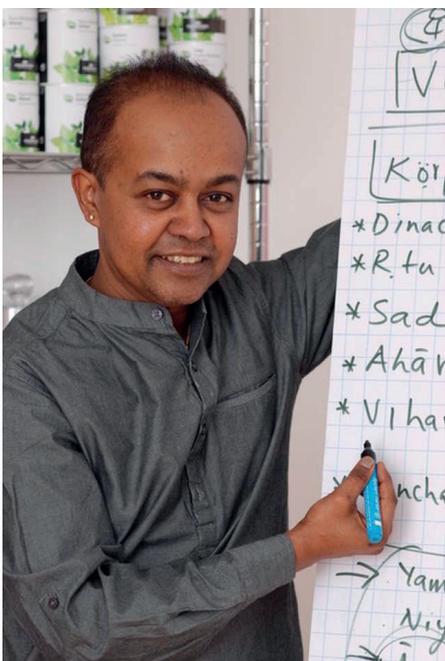
Yoga and Ayurveda are centuries old time-tested processes; these are known to relax the mind and cleanse the body. Looking into the Sastras we are able to conclude that Yoga works alongside Ayurveda. Terminologies like Vata, Pitta , Kapha and Pancha bhuthas are not alien to Yoga.

All diseases are psychosomatic according to Ayurveda. Acute mental stress like anxiety, restlessness and depression, psychological stresses like fear and aggression and emotional stress are major contributing factors to several diseases. Therefore, Yoga practises (Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana and Samadhi) can be offered in order to keep the body and Mind fit.

To keep the body and mind fit it is best for yoga teachers and students to understand the medical element of Ayurveda.

The conference is about the psychological and physiological concepts of ayurveda and yoga in order to maintain perfect Health.

Ayurveda leads from illness to wellness and yoga leads from wellness to Stillness!



Dr. E. P. Jeevan

Founder & Director

Ayurveda Care Academy & Panchakarma center Munich-Germany

Studied 7 ½ years of Ayurveda from Coimbatore Ayurveda college.
Worked as consultant and lecturer from 1989 to 1995.

Moved to Italy -Rome as consultant in Ayurveda for international cultural exchange program under Instituto Ricerca Ayurveda Medicina(IRMA) for 2 years.

1997 onwards in Germany and working as Ayurveda teacher and consultant at Munich, Berlin and Frankfurt.

Having his own center at Chiemsee where he treats diseases like MS, Rhematoid Arthritis, Parkinson's and other neurological problems.