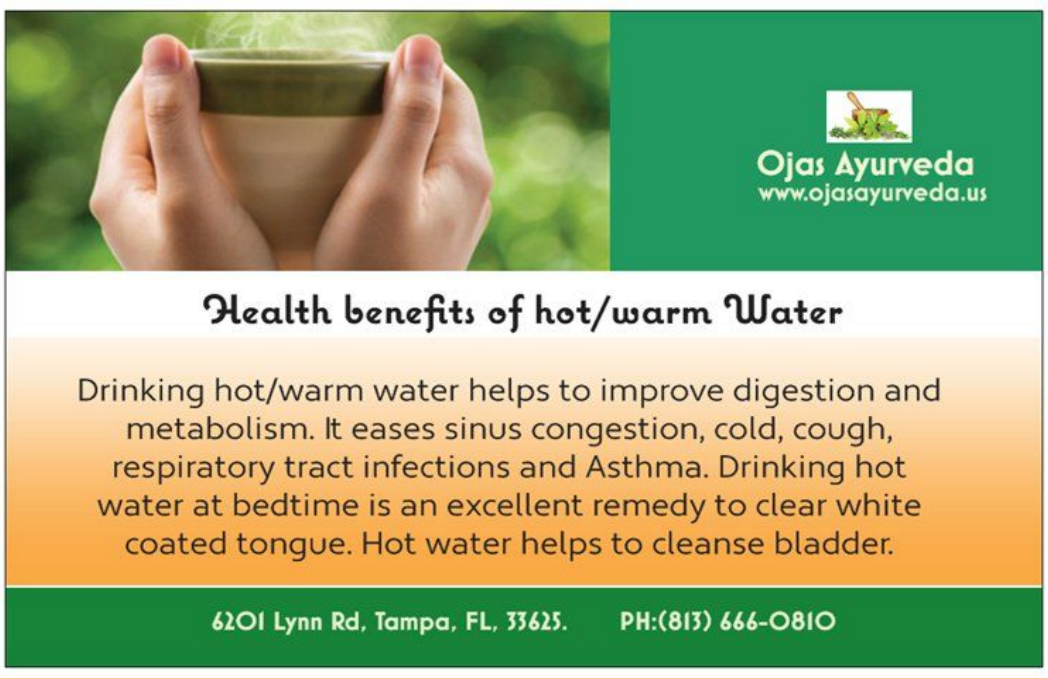

Upcoming Event:

12/02/2017: 11:30-12:45AM - SAT

Ayurveda for Emotional health

In this seminar with Dr. Sushma Jakkula, you will learn how unresolved emotions, unhealthy lifestyle and various other factors can create emotional imbalances like stress, anxiety, depression, etc. Discover how Ayurveda can help restore the connection between heart, mind, and body for a more peaceful and vibrant you..

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