

The Science of Ayurveda for Today's Life



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PhD, DSc, MSc Ayurveda

Ayurveda, the “Science of Life,” is one of the world’s oldest continually practiced systems of healthcare. It originated in India over 5,000 years ago and has compiled the eternal truths about the human body, mind and spirit and how they interact to reach joy and health.

Join Dr. Cardona for this rare opportunity to delve into the Science of Ayurveda and explore the many aspects, principles and practical applications of this very comprehensive system. By the end of the seminar all participants will be able to put into practice several Ayurvedic recommendations and to integrate them into their daily life.

Weekend Seminar:

April 11, 2014: 7:30 pm - 9:00 pm

April 12, 2014: 9:30 am - 6:00 pm

April 13, 2014: 9:30 am - 5:00 pm

Dr. Cardona has held professorships at distinguished allopathic medical schools in Europe and is a Fellow of the Royal Society of Medicine, UK. He is a Senior Research Scientist, sits as a Research Committee Director for the Ayurvedic Practitioners' Association (APA), UK. He holds a Masters in Ayurvedic Medicine, and is also an Ayurvedic Practitioner.

Eduardo will also be making additional presentations during his stay in Toronto including the Vedic Centre in Markham and The Institute for Traditional Medicine on Queen St.W.

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For more information please contact Carrie in Toronto at carrielavie@gmail.com