

FEATURED MEETUP

Join us as Dr. Cardona explores the working of the Mind for optimum health

Tuesday, April 8, 2014

6:45 PM to 9:00 PM

[Metro Hall, Room 310](#)

55 John Street, Toronto, ON

“Exploring the Mind ” by Dr. Eduardo Cardona DSc PhD MSc

Brief introduction to unlocking the mysteries of the mind for psychological well-being



Professor, Scientist, Dr. Cardona uses insights & scientific rigor gained in modern medical research at some of the most distinguished Universities of Europe towards a better understanding & validity for Ayurveda - the 5,000 year old continuously practiced natural-health giving system for disease prevention and health promotion.

Dr. Cardona is reputed for therapeutic work in integrating Ayurveda and modern medicine incorporating Cranio-Sacral, Marma, Yoga and Lymphatic Drainage techniques to treating chronic ailments and diseases. He works tirelessly within academic and scientific communities to integrate Ayurveda with today's conventional medicine in providing new tools for maintaining robust health

and vitality and for managing modern chronic pathologies and syndromes at a physiological, biochemical and psychological level.

In this very brief introduction, Dr. Cardona will explore the working of the mind in a holistic way discovering it's nature and study it's effect on perceptions, feelings, thoughts and relationships.

It's not often we get to meet a Fellow of the Royal Society of Medicine (UK) with a passion for Ayurveda to pay an important role in the future of Western health care by offering solutions to problems where modern medicine is struggling.