



Durga Temple

(A Tax-Exempt Non-profit Organization)
8400 Durga Place, Fairfax Station, VA 22039
Phone: 703-690-9355



Restore

Rebalance

Rejuvenate

With

AYURVEDA

A Holistic Way of Healing

15th October 2017

Free Ayurveda Seminar on How to manage
menopause through Ayurveda

11:00-11:30pm

Consultation will start

11:30-1:00pm



Workshop “How to manage menopause through Ayurveda”

Menopause happens. It's a natural transition, says ayurveda, and like all transitions, menopause has to be managed to minimize discomfort.

Discover a personalized, natural approach with the right diet, life style and herbs

CONTACT:-

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Temple is actively seeking Sponsors for the Event

For any other information please call - Temple Manager Mr. Verma or temple priests
Pt. Trilochan Bhatt, Pt. Omkar Sharma, Pt. Shanti Swaroop or Pt. Murlidhara Bhatta at
(703) 690-9355 or visit www.DurgaTemple.org

or Call

Karuna Gulati (703) 690-1512

Mehenda Chudasama (703) 625-2717

