



**MPA** CONTINUING  
EDUCATION

# PRACTICAL AYURVEDA

## Cultivating Health and Consciousness

DISCOVER THE ART OF NOURISHING YOUR BODY AND  
SOUL WITH KASHYAPA AT DASHMESH SADAN.



**16th – 26th November, 2023**

Explore a practical immersion to the fundamental principles of Ayurvedic via cooking lessons and creating household remedies. Master self-care and management through the days, seasons and stages of life with Kashyapa.

[www.miripiriacademy.org/continuing-education](http://www.miripiriacademy.org/continuing-education)