

MEDIA RELEASE

SYDNEY HOSTS A DEFINING HOLISTIC HEALTH EVENT 2ND INTERNATIONAL AYURVEDA & YOGA CONFERENCE APRIL 2009

Health & wellbeing enthusiasts will be ecstatic at the array of international speakers visiting Sydney in April to give a series of lectures and practical workshops to promote physical, mental and spiritual health.

Ayurveda Yoga Australia (AYA) are the organisers of this landmark event, only the second of its kind to be held in Australia. The first held in 2006 was an outstanding success drawing hundreds of health buffs, practitioners and medical professionals to learn about the sciences of Ayurveda & Yoga, the two authentic health modalities that emanate from India.

The upcoming 2009 Ayurveda Yoga Conference will take place over three days, April 3-5 at Sydney's stunning City Recital Hall, followed by workshops from April 6-9.

The line-up of internationally acclaimed speakers, teachers, authors and researchers, include: H.H. SRI SRI RAVI SHANKAR (The Art of Living, India), H.H. PARAMHANS SWAMI MAHESHWARANANDA (Yoga in Daily Life, India/Vienna), PROFESSOR P.H. KULKARNI (India), DR. ROBERT SVOBODA (USA), Brother Satyananda (Senior Monastic from Self-Realisation Fellowship, USA) as well as many other well-known and respected local speakers and workshop presenters including PETREA KING (Australia) and IAN GAWLER (Australia).

The aim of this holistic health conference is to further the awareness of Ayurveda and Yoga in Australia and to showcase the benefits and relevance of these sister sciences to improving health in the wider community and to bolster the holistic health industry.

Sydney's exquisite Hotel Blue of the Taj Hotel Group is the Platinum Accommodation Sponsor of the event along with India's tourism office Incredible India as the Gold Sponsor and VFS Global as the Bronze Sponsor.

The conference is open to all yoga and health practitioners and professionals, as well as anyone interested in improving health and well-being using Ayurveda & Yoga. This is an event not to be missed. Early Bird 1 rates are available till 30th November.

See the website for further information: www.ayaaustralia.org

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