

Reverse the Signs of Aging – The Ayurvedic Way

One Day Course on “ Anti-aging through Ayurveda”

Aging is inevitable—but how you age is a choice.

Discover how Ayurveda, the world’s oldest holistic healing system, offers powerful, natural strategies to slow down aging, enhance vitality, and promote graceful longevity from within.

Join our exclusive one-day intensive course on “Anti-Aging Through Ayurveda” and learn how to restore balance at a cellular, metabolic, and energetic level.

🌟 What You Will Learn:

- Ayurvedic understanding of aging (Jara) and degeneration
- Role of Dosha, Dhatu, and Ojas in longevity and vitality
- Anti-aging diet, daily routines (Dinacharya), and seasonal care (Ritucharya)
- Herbs and formulations for skin health, immunity, and cellular regeneration
- Stress, sleep, and mind-body balance for slowing biological aging
- Practical Rasayana (rejuvenation) therapies for healthy aging
- The most advanced, intensive anti-aging protocol in Ayurveda : *Kutipraveshik Rasayana*

💡 Why This Course?

Because true anti-aging is not about quick fixes—it’s about restoring harmony, enhancing resilience, and living with vitality at every stage of life.

Duration: 10.00 to 17.30

Date: 07th June 2026

Price: 185 Euros per person including Slide Handouts of the presentation and Recipes, Tea & Lunch

Venue: Green Office, Westbahnstrasse 7/6 a, 1070, Wien

Language of instruction: English

Batch Size: Minimum 7 participants; Maximum 15 Participants

To Register: Contact Dr. Shubhangee Satam at consultantayurvedic@gmail.com Or at What’s app Number: 0091 9820220413

Age Gracefully. Live Fully. Thrive Naturally.