

What is Ayurveda?

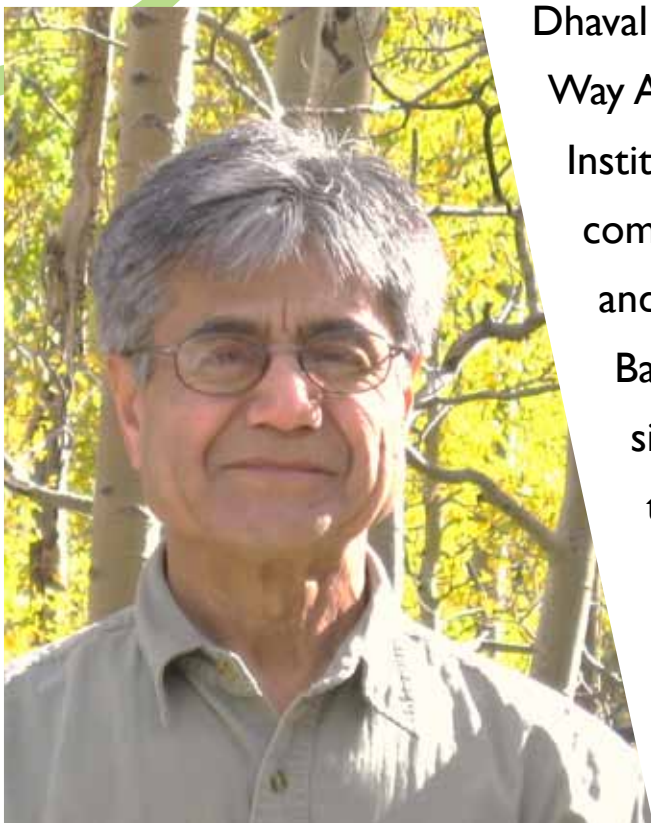
East meets West in medicine!

presented by Dhaval Dhru M.D. (Board Certified ENT Surgeon, trained Ayurveda Practitioner, Teacher and Yoga Alliance certified Yoga Teacher)

Introduction
to Ayurveda :
Philosophy &
Foundations

Allergies
as treated by
Ayurveda:
Dietary basis &
the environment

Aging &
Ayurveda



Dhaval Dhru M.D.

Dhaval Dhru M.D. is Ayurveda and Yoga consultant and educator at Federal Way Ayurveda and Yoga. He studied Ayurveda with Dr. Lad at The Ayurvedic Institute, Albuquerque, New Mexico between 2003 and 2006, successfully completing Level I, level II and Gurukula Program. He underwent medical and postgraduate training in India at Baroda Medical College, M.S. University, Baroda, Gujarat. He did surgical residency training for two years at University of Rochester Surgical Residency Program at Strong Memorial Hospital and other affiliated hospitals and ENT residency training at Queens University, Kingston, Ontario, Canada. He is a certified yoga teacher by Yoga Alliance, having undergone Intensive Yoga Teacher's training at White Lotus Foundation, Santa Barbara, CA as well as yoga teacher's training offered at The Ayurvedic Institute, Albuquerque, NM. He has taught Ayurveda and Ayur Yoga workshops at several places.

November 14th 2009, Sat. 9:00 AM to 1:00 PM

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