



Dr Pooja visiting Napier!

The Pohutakawa Room, Ground Floor, Dalton House,
Cnr Dalton & Vautier Streets, Central Napier

Join Dr Pooja on a journey into a world where traditional wisdom, scientific understanding and inner transformation converge. Mindfulness reveals the metaphysical causes behind the physical manifestation of stress and disease whilst current research explores neurological responses and how physical and mental health measurably improve with mindfulness practices. Dr Pooja will be conducting two workshops over the weekend:

1. 'Women's Health' Workshop Saturday the 5th of March, 6:00 pm - 7:30 pm

This is a must see talk for all women! Join Dr Pooja as she casts light on many women's health issues such as: hormonal imbalances, fertility issues, PCOS, endometriosis and menopause.

Continuing Education 1.5 hours Cost: \$35

2. 'The Art of Mindfulness' Sunday the 6th of March, 10:00 am - 1:00 pm

This workshop is for everyone, including practitioners, clinicians and students of all healing modalities.

Continuing Education 3 hours Cost \$90

"The Art of Mindfulness" Programme:
Foundations of mindfulness
Exploring the science of mindfulness ~ how scientific research helps us understand the benefits of mindfulness practice
Mindfulness ~ theories & practices ~ how mindfulness affects daily activities ~ powerful mindfulness practices that restore mental and emotional health ~ how mindfulness influences you and your family; clients and treatment outcomes
Take-home assessment model ~ how to assess yourself and clients and give appropriate guidance
Questions & Answers ~ time for discussion, questions & clarifications
Receive attendance certificate for Continuing Education

About Dr Pooja Maddela B Nat & Yogic Sci, PG Dip Yoga & Nat, Dip Physio, Dip Ayurveda, E-RYT 500 Pooja is an exceedingly skilled master yoga teacher/mentor, yoga therapist and clinician. She runs a busy clinical practice with an emphasis on Yoga therapy, Ayurveda and Eastern naturopathy. She worked for many years as assistant head of faculty and senior tutor at Wellpark College of Natural Therapies and has been actively involved with many community health programmes in Yoga with the Ministry of Health and Ministry of Education. Pooja sees her role as promoting the Indian Traditional art of Yoga and Naturopathy to the Western world.

In this presentation:

- ~ you will develop and refine your own practice of embodied mindfulness
- ~ enhance your capacity for applying mindfulness in your personal and professional life
- ~ you will develop theoretical and experiential understanding of key mindfulness practices.

Book in now to ensure your place!

Register by email to drpoojamaddela@gmail.com or ph (09) 820-4256, (021) 124-1890

www.doctorpooja.com