



# AYUR

*Quality of Life and Well-being*

Bhuta - Dosha - Rasa - Agni - Kama - Vastu - Kundalini - Prana - Kosha - Dhatu - Chakra  
*Ahimsa - Yoga - Nutrition - Rituals - Routines - Dynamics - Méditation - Nirvana*



*Conférences - Lectures - Dine and Debate - Seminars - Workshops - Cuisine - Massage*

<http://ayur.exposures.ch> - email: [icom@bluewin.ch](mailto:icom@bluewin.ch)