

# **Maitri Heath Centre Talks**

**at Streatham Library**

**Saturday 3<sup>rd</sup> October**

**Meditation & Ayurvedic Talk**

**Herbal Medicine Talk**

**Permaculture Talk**

Followed by:

**2.30PM Meditation & Ayurveda**

**3PM Herbal Medicine (Western)**

**4.30PM Permaculture**

**Venue:**

**Tate Library, 63 Streatham High Rd, London SW16 1PN**

**Conducted by:**

**Dr. Kanchan Sharma**

**(BAMS MAPA UK)**