

**Food for Thought** is the name of Indian Host's unique series of workshops and presentations allowing people to informally meet at the restaurant to listen to interesting and inspiring guest speakers. Topics range from issues pertaining to cuisine, lifestyle, health, beauty, family, current affairs and many more!

*In celebration of Mother's Day,  
Indian Host presents a talk on:*

### **Ageless Wonders of Ayurveda and Women**

*Learn how Ayurveda can empower the  
female body, mind and spirit*

**By Dimple Duangthip Arora  
Holistic Lifestyle Consultant**

**Date:** Thursday August 20th 2009

**Time:** 10.30am-12 noon  
(Registration at 10am)

**Location:** Indian Host restaurant

**Cost:** Baht 350

(includes presentation, tea/coffee, snacks)

**Bookings:** Email [pr@indian-host.com](mailto:pr@indian-host.com),  
[renu@indian-host.com](mailto:renu@indian-host.com)

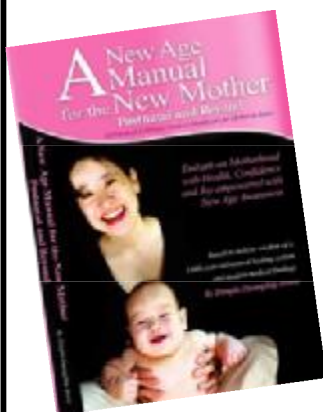
Or call 02-2601115-6



**Dimple Duangthip Arora**

- **Informative Talk**
- **Lucky Draw Prizes**
- **Demonstration of skin-rejuvenating concoctions**
- **Demonstration of simple herbal teas for good digestion and weight loss**
- **Light snacks**
- **Book signing with author**

Duangthip will introduce Ayurveda, India's "science of life" and discuss how its holistic principles can contribute to achieving good health and happiness in the demanding lifestyle of a modern woman today. Whether you are a mother, daughter, wife, sister or a modern career woman, Ayurveda can help meet your special health needs. Learn how to identify your body's unique metabolic type and discover timeless Golden Keys to enhance your beauty, maintain your weight and lead a natural and contented life.



Dimple Duangthip Arora has received advanced training in Ayurveda from the International Academy of Ayurveda in Pune, India. She is a certified Diet and Nutrition Advisor from Stonebridge Associated Colleges in London. She is trained in Yoga, reflexology and holistic psychology. She is currently a visiting consultant on Family Health and Rejuvenation at TRIA Integrative Wellness of Piyavate Hospital.

Duangthip has recently released her book, *A New Age Manual for the New Mother, Postnatal and Beyond*, to empower mothers with practical wisdom in caring for themselves and their children at every level- physical, mental, emotional, spiritual and environmental. She has also recently been featured in both the Bangkok Post and The Nation.

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