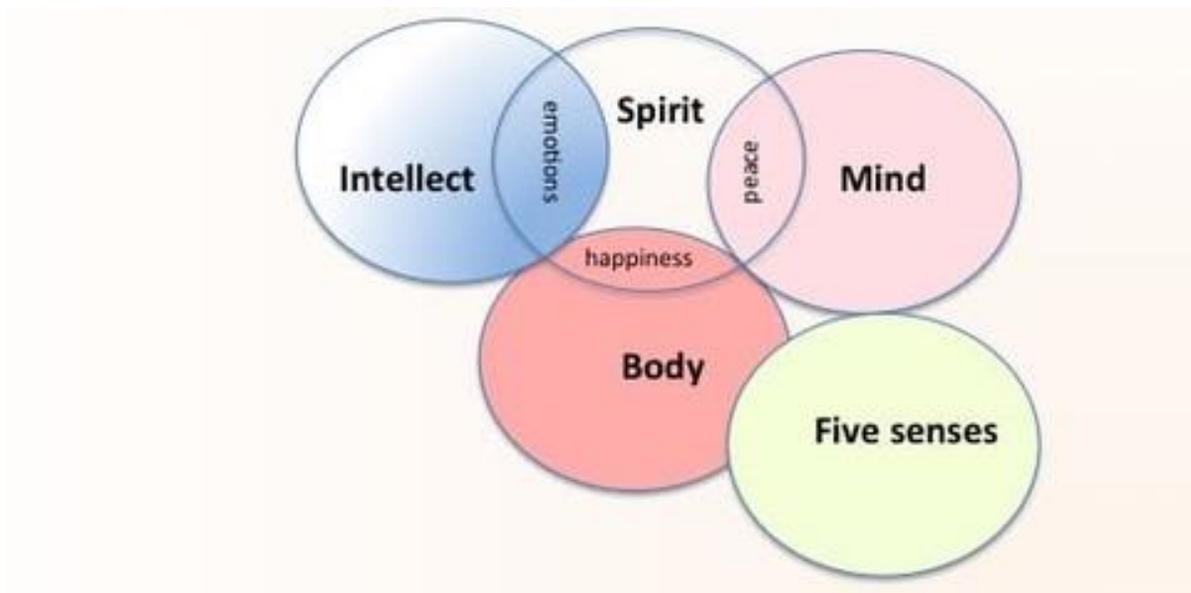


# **Vedic Life Management for a Healthy Body, Mind, intellect and Soul**

Visiting Vedic Scholar Acharya Sanatkumar present the topic in three sessions at Bharat Bhavan (at 7 Lodge Street, Glenorchy), in two days . The sessions are:

- **Saturday 15<sup>th</sup> December (4:30pm to 6pm)**
- **Sunday 16<sup>th</sup> December (9am to 11:30am)**
- **Sunday 16<sup>th</sup> December (4:30pm to 6pm)**

Each session will include presentation and lectures along with practical tips for life. There will be opportunity to have Question and Answer at the end of each session. The vedic scholar will be able to answer your questions and vedic concept of mind, intellect, stress management, health, soul, and any enquiry on vedic phylosophy. You can compare it with modern concepts.



The seminars are open to all and free. Donations are welcome. Register your interest by SMS to :  
Gloria Smith (0409214170) or Ajit Ramadas (0411300630)

**Brought to you by Aryasamaj of Tasmania  
and supported by Hindu Society of Tasmania**

# Acharya Sanat Kumar

“Krinvanto Vishvamaryam” - “Be noble and make the world noble”. This is God’s instruction for humanity in Vedas. Today’s world has many personal, societal, national, international and global problems - environment, health, radiation, farming, floods, cyclones, drought, viruses, mind, stress, suicides, terrorism, violence. There must be a universal solution that exists and that universal solution is in the Vedas. Acharya Sanat Kumar has travelled extensively in Australasia, Europe, Russia and South Africa discussing solutions to these burning problems.

Acharya Sanat Kumar is a scholar, teacher, philosopher and researcher who studied Vedic literature for more than 20 years from many teachers and yogis. He has studied the 4 Vedas (knowledge of the self and universe), Ayurveda (universal health system), Maya Samhita (civil engineering), Bharat Natya shastra (art), Shiksha (phonetics), Vyakaran (grammar), Nirukt (origin of words), Kalpa (liturgics), Chanda (poetic structure), Jyotish (astronomy), Darshanas (philosophy), Upanishads (science of the self), Brahmanas (creation, spirituality, yajya), Ramayana, Mahabharata and Bhagavad-gita. He has spent many months fasting in complete silence and darkness, in deep meditation and knows how to receive cosmic energy from sun and moon gazing.

How does our mind work? How can we have a happy and healthy body, mind and soul? Acharya Sanat Kumar specialises in Universal Vedic life and mind management and Ayurveda, the Vedic system of medicine. He also has special interest and expertise in performance of yajya and its use in purifying the environment, organic farming, anti-microbial effects, curing disease, improving intellect and maintaining health.

Acharya Sanat Kumar is deeply committed to bringing the profound wisdom of our rishis to the modern world. Let us all work together, be noble and make the world noble again.