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**August 12th 2020: Encore Ayurveda with Dr.
Abdurahaman Poilan**

Dr. Abdurahaman Poilan of PVA Ayurvedic Hospital in Kerala, India talks on Ayurveda and the Dosha's. How we can maintain a healthy lifestyle and how to resist disease by following an Ayurvedic lifestyle.

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Featured Guest

Guest Image

Dr. Abdurahaman Poilan

BAMS, PGDG&C, MD Chief Physician Dr. Abdul Rahman Poilan has come from a long line of traditional Ayurveda vaidyas who passed on their knowledge through the generations has an experience of 28 years in the field of Ayurveda. Dr. Poilan is a reputed speaker on international level with invitations to more than 18 countries. He regularly conducts seminars and workshops on Ayurvedic massages.

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