

CERTIFICATE

OF COMPLETION

Marissa Winstanley

Travelling with Ayurveda - Tips For Staying Healthy on Vacation

In this 50-minute webinar, Dr Virender Sodhi discusses the ins and outs of travelling during the summer. He presents how to address altitude sickness, pests and parasites encountered during travel, jet lag, and how to maintain a healthy immune system.

has completed the following course on 12th February 2019

AWARDED BY



MICHELE WILTON

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