

Carla has returned to Australia after spending time in the South of India, volunteering with Punarvana Trust.

As an Ayurvedic Lifestyle Consultant practicing in Melbourne, Carla's trip to India was to deepen her understanding and connection to the roots of Ayurveda, India's traditional medicine. Her passion facilitates a drive for social change in areas where basic human needs are over looked. Particularly in the areas of health, nutrition, education and co-operation within the community.

A student of Yoga and Ayurveda for the past 15 years, Carla studied through the Satyananda Yoga Academy and the Australasian Institute of Ayurvedic Sciences. Training under the expert guidance of Dr. S. Ajit - the most experienced Ayurvedic Doctor in Australasia, and founder of AIAS. Carla dedicates her time to sharing the healing tools of Ayurveda, which have healed and transformed her own life and those around her. She is available for seminars, workshops, retreats and one on one health and lifestyle consultations in Melbourne.



The establishment of a children's home and education centre, one of the many visions held by Punarnava Trust, is a way of addressing the many unsettling factors witnessed during her time volunteering in India. 'There is very little access is to water, food and resources in the village. The generational social issues of alcoholism, violence and poverty were very challenging. The beautiful children I met are hope for a brighter future, we hope to give them an environment in which to flourish'.

The proposed children's home will provide accommodation and be a learning centre, where government and state level education requirements are met. This centre will also provide opportunities to educate children on traditional ayurveda, yoga, meditation, organic gardening and cooking, acting as a platform for social change and community development.

Through this initiative, Carla hopes to continue the relationship with Punarnava Trust. Once the children's home is established, study and volunteer pathways for students and those interested in Ayurveda will be developed.

For more information about the trust:

Punarnava Trust <http://punarnava.org/>

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