



# *Routes &* REMEDIES

**Asian Wisdom for Living in London**

A multimedia exhibition

30 September – 7 October 2006

Asia House, London W1

ASIA  
HOUSE

# Routes & REMEDIES

## Asian Wisdom for Living in London

A multimedia exhibition

30 September – 7 October 2006



Opening hours:  
Monday–Saturday  
10:00–18:00  
£2.00 entry  
Free to under 18s

Asia House,  
63 New Cavendish Street,  
London W1G 7LP  
T: 020 7307 5454  
[www.asiahouse.org](http://www.asiahouse.org)

[www.asianremedies.co.uk](http://www.asianremedies.co.uk)

*Routes & Remedies* explores living traditions of Asian health and well-being in London: Food, Exercise, Medicines, Meditation and Prayer. Listen to tales of transformation in our Mongolian ger (yurt). Explore the drawers of our medicine cabinet. Make offerings at our new look ancestral shrine. Tell us your stories and leave us your recipes! Daily workshops and evening lectures. Visit the website for listings or Live at Asia House to share in the adventure...

**wellcome**trust

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