

INSTITUT FÜR AYURVEDA

Ayurveda Consultation mit Vajdya Dr. S. V. Joshi in Zürich
Traditionell Ayurveda Medizin (TAM)

„Health with the intelligent's of Nature“

Heartfull thanks for your interessts for Ayurveda Medizin
Followed issue can be helpfull.

Consultation: Institut – Ayurveda, Dufourstrasse 106, 8008 Zürich

Tram: from HB Zürich mainstation www.zvv.ch,
Tram Nr. 4 Limmatqai, direction Tiefenbrunnen,
ab Bahnhof Stadelhofen Tram Nr. 2 oder 4, direction Tiefenbrunnen,
stopp at Höschgasse www.vbz.ch parallel street Dufourstr.106
Bus 31 Höschgasse

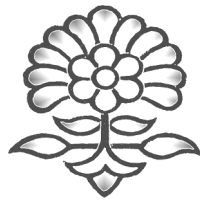
Parkingplace: only in the marked blue or with places, 1h parking is possile, dayticket available
at police, 15.- chf, next to parcinghouse Feldeggstrasse, next to clinic (or under
www.parkkarten.ch)
Entrance Parcing house from Feldeggstr. 3 minute walk
Parcing house Dufourstr. 144, gasolin shop 5 minute walk

Airport: Per **Taxi** ca 55.- chf ca. 30 minutes + 041 (0) 44 44 44 44 4
Per **S9, Train** till Stadelhofen station ca. 25 Minutes
or all 10 min. to HB Zürich mainstation www.zvv.ch,
then take the tram at Limmatqai till Höschgasse stopp. Nr. 4, 25 Minutes
Dayticket 24h, for all transport ca 30.-

Travel: From **Geneva** takes by car 4 hours, in Bern you will have a lose of up to 30
minutes around 7. 30h till 9 o'clock, and in the entrance of zuerich from 7 –
9. 30h a lose of up to 30 minutes, >
From **Basel** it takes a bit more then 1 h, in the entrance of zuerich from 7 –
9. 30h a lose of up to 30 minutes, and Fridays starting at 15. 00h pm on ist he
hiway normaly jamed, normal rush starts at 17.00h -19.00h.

Übernachten in Hotels in Zürich unter www.zuerich.com , Deutsch, +41 (0)44 215 40 40
www.zuerich.com/en/Visitor/accommodation/packages.html English

www.hotels4you.ch/e/details.cfm?SearchTyp=Geographic&SearchWhat=Hotel&Value=4128



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Food:

nearby is **Coop, Migros**, (Seefeldstr.117),

Paradisli Bio-Shop (Seefeldstr. 29),

Rests: Tibits vegi (Seefeldstr. 2) Sa, So, ok, 5 Minutes walk

Tüfi Sa evening (Gaut mieux, bio very good, Dufourstr. 124) 5 Minutes walk

Hiltel downtown close to shoppingplace Sankt Annahof, Bahnhofstr. Tram till Rennweg

Hotel Central, Central place, nice bio quiet

Ayurveda Restaurant, next to Cinema Capitol, Central place only lunch Mo – Fr, 30 Minutes

Mainstation, oposite MAC Shop, Coop Supermarkt

Mainstation, Bio Shop, Egli, good selection Mo – So !

Tiffins Sa ab 18 00 h (asiatisch, Seefeldstr. 61) traditionell

Toto Sa, So ok (italien, Seefeldstr. 124),

Yooji's Sa, (japan Shushibar, Seefeldstr. 115), traditionell light

Latino Sa, So ab 18 00 h (italien, Dufourstr.ca 81) traditionell

BiZE Terrass Sa till 13 30 h (Bistro next to Park-Hous Feldeggstr.) View!

Where are we situated: <http://map.search.ch/zuerich/dufourstr.106>

Einige Übernachtungsmöglichkeiten: Hotels die in der Nähe sind.

Hotel Marta AG, Zähringerstr. 36, 8001 Zuerich +41 44 269 95 95

The Clinic is within 10 Minutes walk;

Hotes Seehof, Müller Karin, Seehofstr.11, 8008 Zürich, +41 (0)44 254 57 57

Hotel Seergarten, Seergartenstr. 14, 8008 Zürich, +41 (0)44 388 37 37

contact@hotel-seergarten.ch

Hotel Lady's First, desing hotel, Mainaustr. 24 8008 Zürich, +41 (0)44 380 80 10

Hotel Seefeld, Sorell, Seefeldstr. 63, 8008 Zürich, +41 (0)44 387 41 41

Hotel Europ 24/24h, Dufourstr. 4, 8008 Zuerich, +41 (0)43 456 86 86,

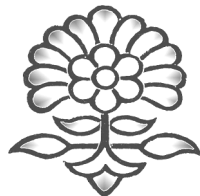
www.hoteleuropezuerich.ch, info@hoteleuropezuerich.ch,

www.zurich30.com/de/?lp=00070-DE-001-11-30s-010-CHF-000000-08-0-000-0000-00000&utm_campaign=ID00000_CH_Zurich_DE_NSA_30s_MXCH_PX&utm_source=google&utm_medium=cpc&utm_term=zurich+30&utm_content=Brand

InhaberIn: Sabro Daniel und Ashia Cecilia Zumbühl

Klinik: Dufourstr. 106, 8008 Zürich •

+41 (0)44 742 29 50 • sabrashia@bluewin.ch • www.institut-ayurveda.ch



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Cash box: Tram stopp Feldeggstr, Credit Suisse,
Tram stopp Höschgasse, Postomat around the corner,
Mainstation Change, Station Stadelhofen

Namaskar, Sat Nam, save travel

Ashia & Sabro D. Zumbühl