

Dr. Inga Poje, expert in application of Ayurveda in sports



Born in Varaždin on December 24, 1947. She graduated from the Faculty of Medicine in Zagreb and completed postgraduate studies - specialization in sports medicine in Zagreb. In 1989 she completed her education as an Ayurvedic doctor with a specialization in pulse diagnostics at an international course for doctors in Dubrovnik. She wrote a review for the book "Spirit, Body and Sports" which talks about the application of Ayurveda in sports. She actively applied the knowledge of Ayurveda in sports and has been involved in sports, gymnastics (national team of Yugoslavia for 7 years) and has achieved the status of a black belt in karate.

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