



Healing Through Yoga

SPEAKER

Dr. Dhilip Kumar is currently operating a Yoga Therapy, Hypnotherapy And Pain Management Centre in Subang Jaya, Selangor, Malaysia. He also runs the Kevala Academy of Yoga (UK and Malaysia) offering Certificate Courses in Yoga and Yoga Therapy. Presently, Chapter Leader for Yoga with the Malaysian Society for Complementary Medicine (MSCM).



20th April 2013 (Sunday)

2.30 pm - 6.30 pm

Venue :

Malaysian Association For The Blind, Brickfields.

RM 50.00

REGISTRATION

Kindly reserve your seats by the following options:

1. SMS your name and email address to 017 - 881 2287 or Send an email to ucansurvive@gmail.com with your name and handphone number.

WHO SHOULD ATTEND

People challenged with cancer & their family members, alternative practitioners, medical professionals and anyone who wants to have a greater awareness of health issues.

SYNOPSIS

YOGA is a universal science of self-improvement for improving the body and mind. The regular student of yoga can expect to eliminate much illness, pain and worry; can be sure of increased vitality and a daily sense of well-being. Yoga promotes health; it is both preventive and remedial. A tremendous range of illness has been alleviated by the correct understanding and practice of yoga.

Yoga brings about a total transformation of one's way of life. It helps in cultivating strict discipline in food habits, cleanliness, sex and character thus enabling one to become better person. Yoga exercises can be done anywhere at anytime and is a safe drugless self treatment.

Content:

1. Understanding the human body & mind
2. The role of vital forces and the human body
3. Manipulation of breath & energy for self- healing
4. Breathing Techniques
5. Meditation (visualization, auto-suggestion)
6. Detox and Cleansing techniques
7. Yoga techniques for total well-being

CANSURVIVE & IT'S PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.

Organised by : **CANSURVIVE CENTRE MALAYSIA BERHAD** (903023-M)
www.cansurvive.org.my