



CANSURVIVE CENTER MALAYSIA BERHAD

Workshop:

POWER OF YOGA IN HEALTH MANAGEMENT



Dr. V. Suresh Kumar

When : Saturday, 29th June 2013

Time : 3pm-7pm

VENUE: Malaysian Institute for the Blind, Jalan Tebing,
Off Jalan Tun Sambanthan 4, Brickfields 50470 Kuala Lumpur.

RM99

There are many people practicing yoga today who are still not clear about the relevance of certain aspects of yoga. Much of the confusion arises from of a lack of understanding of the purpose of yoga and its underlying concepts. Yoga is not a system of medicine; rather the role of yoga in health management is complimentary. It complements all other medical systems by playing a very useful supportive role. The principles and effects of yoga can be used in treating health problems. In essence, all the means of yoga have the same purpose, which is harmony, balance and equilibrium of the integration of personality.

**(Please bring your own yoga or exercise mat & a small pillow, as well as an open mind. You will be pleasantly surprised.)*

SPEAKER

Dr. V. Suresh Kumar, B.Sc, BAM S, M.Sc (YT). Senior Ayurvedic Physician and Yoga Acharya. He graduated in Ayurveda from University of Kerala and is currently doing his Masters in Yoga Therapy at Tamil Nadu Physical education and Sports University Chennai. Dr V Suresh Kumar has been teaching Yoga for more than 20 years and has been treating patients of various illnesses by incorporating Ayurveda and Yoga for the past 13 years.

WHO SHOULD ATTEND:

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

CANSURVIVE'S PURPOSE

Cansurvive is a support and information service for people challenged with cancer. Cansurvive aims to supply information and support and also provide a service that offers 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.

REGISTRATION

Please sms you name and email address to 017-881 2287 or send an email to ucansurvive@gmail.com with your name and handphone number.

Organized by: CANSURVIVE CENTRE MALAYSIA BERHAD [903023-M]

www.cansurvive.org.my