



Post Conference WORKSHOP

Here's your chance to learn how they lived to tell...



SPEAKER
CHEANG SEE KWOI

MORNING SESSION: 9.00 am – 12.30 pm

DIY Workshop – Post Treatment Recovery with Cheang See Kwoi (Malaysia)

The most important part of a cancer healing process is at the post treatment period. This is when the body has to be restored to recover its full functions so as to improve the immune system, build resistance and self-healing power through the natural way.

In the first module, we will demonstrate the breathing process and then let you experience how you can improve your respiratory system to calm your mind. From this practical session, you can then start to practise it at home daily.

The second module will be based on a simple way of detoxification to pave the way for all your bodily functions to reach its optimum level. Thirdly, you will learn how to select the right type of food for your healing. This is in relation to the life force and energy in your food.

AFTERNOON SESSION: 2.00 pm – 5.00 pm

HEALING – A Holistic Approach with Claravil de Guzman (Philippines)

I will be sharing how I adopted a holistic approach of healing that emphasises on the connection of mind, body and spirit. My health regime comprises:

1. Lymphatic drainage
2. Repetitive cleansing of my colon, gallbladder, kidney and liver using vegetable juicing and healing herbal teas
3. Daily healing affirmations
4. Castor oil packs with essential oils and hot compresses
5. Dry brushing
6. Heat therapies – body wraps, seat baths, hot and cold treatment
7. Exercise – brisk walking, trampoline, taichi
8. Sun exposure
9. Breathing exercises
10. Meditation and Visualisation – Whatever you think, you create.



SPEAKER
CLARAVIL C DE GUZMAN

Registration Fee: RM50 (inclusive of lunch)

Date & Time

**25th August 2019
Sunday
9 am to 5 pm**

Venue

**10th Floor Wrexham Room,
Block 2, VSQ @ PJ City Centre,
Jalan Utara, Section 14,
46200 Petaling Jaya.**

Organised By

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

Kindly reserve your seat by visiting the following option:

- 1) Online via **Eventbrite**
- 2) Whatsapp to **+6011-1085060** (Your name, contact & e-mail address)

