

The body is the biggest gift conferred to every human. It is the vehicle for experiencing, improving and achieving. Shiv Yog Guru Dr Avdhoot Shivanand ji, the global pioneer of Integrative Cosmic Medicine terms good health as a birthright which every human must claim from the universe. Dr Shivanand has been imparting the wisdom to awaken the dormant potential for every human being to experience excellent health, happiness and success. The Master of Shiv Yog Cosmic Medicine describes the body as the first business which every individual should attend to because it is only with a healthy body that any success can be achieved holistically.

one of the finest and most effective ways to attain perfect health is the complete yoga of the body, mind and soul - shiv yog siddha healing.

The training involves

- Learning ancient self awareness procedures
- Cosmic Rejuvenation techniques
- Cellular regeneration with Shiv Yog Cosmic Medicine
- Revitalisation of the body, mind and soul
- Stress-relief, catalyse body's immune system
- Activation of the endocrine system and thereby optimising the body's biochemical response
- Repairing the body cells right down to the sub atomic level

Dates: October 26 (6:00-10:00 pm), October 27-28 (9:00 am-1:00 pm). Please respond by September 30.

Venue: 91 Blue Jay Way, Rexford NY 12148

Fee: \$200 (\$100 for members of weekly Shivyog meditation group)

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