

SANGHAMITRA

Cordially invites you to an Introductory-Talk (In English) by

Mr. Vijay K. Bansal

on

GOOD HEALTH WITHOUT MEDICINES

**Quick, harmless, dependable cures for common ailments
(including Asthma, Migraine, High BP, Rheumatic pains etc.)
A great opportunity to learn how to manage stress.**

Using the techniques of

MUDRA VIGYAN (The science of finger postures)

(This is an independent branch of Yoga. The principal being the toning up of the nervous system by keeping specified nerves stretched for specified times by folding ones fingers)

CHINESE MASSAGES

FOODS FOR HEALTH

ROUTINE PRACTICES

Program:

7:00 to 8:30 PM - Wednesday September 7th, 2011 & Thursday September 8th, 2011

Venue:

St. Louis County Library (Sachs Branch)

16400 Burkhardt Pl., Chesterfield, MO 63017

Basement, Hindu Temple of Saint Louis

725 Weidman Rd., Ballwin, MO 63011

CHOOSE YOUR CONVENIENT LOCATION & JOIN US TO GET WELL AND STAY HEALTHY – ENTRY FREE. FOR WEEKEND WORKSOP & INDIVIDUAL CONSULTATION REGISTRATION, CALL (314)601-5306

For further details and participation confirmation please contact:

Sree Ainapurapu (314) 601-5306

ainapura@yahoo.com

Mr. Bansal is an eminent practitioner and a strong proponent of healthy practices for the maintenance of good health, without the use of medicines, as far as possible. He has been practicing these ancient scientific methods for over 25 years without seeking any monetary returns. His specializations include **Mudra Vigyan, Chinese Massage, Natural Food Items & Healthy Practices** for routine and chronic health related problems. He has spread this message through the U.N.Women's Guild, Geneva, various Indian Associations, Rotary clubs and Social Service organizations in US, Europe and China. In his workshops he will emphasize on the practice of Mudras and highlight some simple day-to-day healthy practices that can bring down the miseries of life.

Author of books:

- ✓ **Good Health Without Medicines (in English)**
- ✓ **Bina Aushadhi Uttam Swasthya (in Hindi)**
- ✓ **Say 'NO' to Medicines**
- ✓ **Mudra Vigyan – La methode simple (In French)**

