



REALISE YOUR INNER HEALING POWER

Increase the Power of Surya Namaskaram through Chakra Consciousness



- Surya Namaskaram is more than a physical exercise
- Enhance the power within you through focussing on chakras
 - Benefits every part of your body
 - Keep your Mind and Body Healthy

FREE LECTURE on Surya Namaskaram and Chakra Consciousness

Dr.P.S.Lalitha, M.V.Sc, Ph.D,
Reiki Grandmaster, Acupuncturist,
Bharathi Rajaa Hospital,T.Nagar
Over 20 years service in Drugless Therapy
Founder – Art of Healing
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Learn about Chakras, Link between Chakras and Organs,
The Science behind Chakras, The Healing power within YOU
Combine Surya Namaskaram and Chakra consciousness
How to heal yourself, Chakra Meditation

A simple way to a Healthy Mind and Body

NO REGISTRATION FEE. ALL ARE WELCOME

For more details lalithareiki@gmail.com / 98400 44198

Date: Saturday, June 13th, 10 a.m. to 12 noon at
Arkay Convention Centre, 'Oms Lakshana', III floor,
148, Royapettah High Road, Luz, Mylapore, Chennai - 600004 (Above Shah show room)
Phone: 24661130 / 9381007317 / Valet Parking available