

College of Yoga Sciences

Department of Hindu University of America

Saturday Health Workshops

Date : **August 4, 2007**

Topic: **Stress Management, Anxiety & Depression**

Time : 10:00 am ~ 1:00 pm

Date : **August 18, 2007**

Topic: **Diabetes, Hypertension & Weight Management**

Time : 10:00 am ~ 1:00 pm

Date : **September 15, 2007**

Topic: **Headaches, Chronic Pains & Arthritis**

Time : 10:00 am ~ 1:00 pm

Date : **September 29, 2007**

Topic: **Chronic Fatigue, Fibromyalgia & Hormones**

Time : 10:00 am ~ 1:00 pm

Where : **College of Yoga Sciences**

5200 Vineland Road, Orlando, FL 32811

Fees : \$45 per workshop

Our team of distinguished faculty who will lead these workshops includes:

1. **Dr Kirti Kalidas, M.D., N. D.** The Center for natural & Integrative Medicine
2. **Subhas Tiwari, M.A.** Yoga Philosophy
3. **Jina Heisnam, Ph.D.**
4. **Om Baweja M.Com., YogaAcharya**

Description: These workshops focus on a holistic approach to health and demonstrate how to apply Yoga, Meditation, Pranayama as therapy for a broad range of common health conditions. Attendees will participate in lectures, discussions on the above conditions and on maintenance of general health and well being, in addition to gaining hands on skills on how to apply Yoga therapy to their specific conditions. You will also be taught the postures appropriate for your conditions. You will also have the opportunity to engage our faculty in discussions.

Notes: Wear loose/comfortable clothes and avoid heavy perfumes.

Please register in advance at: staff@hua.edu, or call **407 275 0013**

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