



ROLE OF MIND IN HEALING

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In recent years, medical science has started to measure the effects of Mind-Body Modalities. The health benefits are becoming more evident, to the extent that many health insurance companies encourage their members to participate in yoga, tai chi and meditation as part of a well-rounded healthy lifestyle.

As more emphasis has been placed on the role of the mind in healing the body, as well as the ways the body can help to heal the mind, major medical centers have started to offer guided imagery, relaxation therapy and reflexology to their patients. These modalities are often called Complementary and Alternative

medicine, (CAM), but a more accurate term might be Holistic therapy or Integrative healthcare, that is, working with both the mind and body to achieve healing outcomes.

Your mind as consciousness creates your reality, and when you know how to effectively work with all of its parts, you can do some very powerful and amazing things, like heal your body or intuit something you could not have logically known .

For registration and further details:

Date & Time
27th July 2019
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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