



Jain Vishva Bharati London

Dedicated for upliftment of Socio-Spiritual values

Address: Sayer Centre, Oxgate Lane, London NW2 7JN

Tel/Fax: 020-8452 0913

Email: info@jvbl.org

A healthy body is the tool for us to do our work. If it is not healthy, it does not support work. Therefore whatever is done, it is mandatory to do with an awareness of how it is affecting our health.



JAIN VISHVA BHARATI - LONDON

has arranged sessions on **TWO Sundays** on

“HEALTH THROUGH RHYTHMIC BREATHING”

&

“HOW TO MANAGE YOUR EMOTIONS & YOURSELF TO ENRICH YOUR LIFE”

with

Kanoobhai Patel & Rajenbhai Vakil and his team

Rajenbhai has learned this technique directly from the founder - Shri TAVARIAJI. On his spiritual journey he mastered various techniques on Yoga and Science and leads a balanced life both as a spiritual teacher and a family man.

Date **Sundays: 20 & 27 September 2009**

Time **10:15am to 12:15pm (Please be seated by 10:10am)**

Venue **JVB Centre**

Contact: ASHOK GUDKA - 07980 929 559

- The programmes will be through lectures and power-point presentations. The techniques/exercises will be shown & practised under the guidance of trainers
- Rajenbhai will also discuss various aspects of mind, body and soul
- The second session will emphasise the effect of breathing on your organs, health, your thoughts, actions and your personality

How you breathe, How deep you breath, How long you retain it for, How you exhale - all determine the energy level & also the quality of your thoughts. The technique is simple, scientific & can easily be incorporated in your daily routine!