

JAIN VISHVA BHARATI LONDON

PRESENTS A TWO DAY WORKSHOP ON

Harmony and Wellness for Women

Held by Dianella Zammarchi & Gabriella Tagliacozzo

Dianella and Gabriella are coming from Rimini in Italy to conduct the workshop.

They are highly qualified practitioners in the fields of gynaecological problems, menopause, pregnancy and childbirth, etc

Time Table for the Two-Day Workshop

Date	Day	Time Age (Above 40)	Time Age (Below 40)
12 June 2010	Saturday	9:00am - 12:00noon	2:00 - 5:00pm
13 June 2010	Sunday	9:00am - 12:00noon	2:00 - 5:00pm

This workshop will

Teach you exercises to regenerate inner balance and restore strength to independently manage anxiety, weight issues, swelling, constipation, prolapse of the uterus, hot flushes and, finally, restore an unbiased mood, when menopause seems to have overturned your life.

Guide young women suffering from hormonal imbalance or other complaints such as Amenorrhea, Painful Dysmenorrhoea, and headaches.

Fee per session: £15

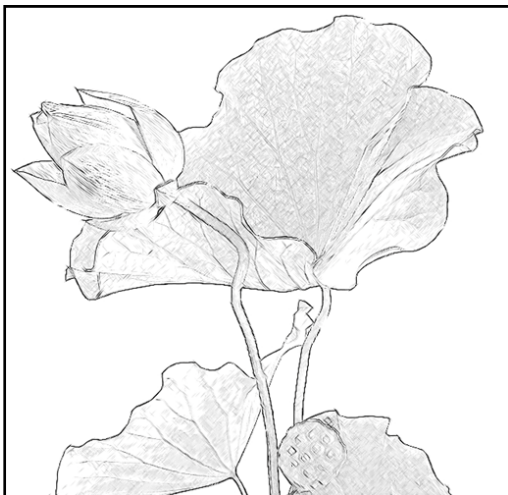
Venue:

Jain Vishva Bharati London
Sayer Centre, Oxgate Lane, Cricklewood,
London NW2 7JN
Telephone:

Pre-Registration is required so please
register by **31 May 2010**

Please Note:

Wear loose clothes
Bring a yoga mat
Have a light breakfast/lunch



The part can never be well unless the whole is well - Plato