



GETTING READY FOR THE HOLIDAYS?

FEEL STRESSED AND FATIGUED?

ATTEND THE **JUST BE!** WORKSHOP IN NOVEMBER!

Learn ancient techniques to let go of modern stress with

*Anita Rangaswami, Founder
Prana Gyana Holistic Health Center*

*Dr Ravi Gupta, Medical Director,
Lifeline Internal Medicine Associates*



Register with a friend and get \$20 off!

Early Registration (by November 7th '11) \$310

Regular Registration (by November 16th '11) \$350

A HEALTHY LUNCH IS INCLUDED



JOIN MONTHLY SESSIONS FOLLOWING THE WORKSHOP!

DAY 1:	Nov 19 th 2011	10:00 am– 1:00 pm followed by 1 on 1 Instruction (30 min slots)
DAY 2:	Nov 20 th 2011	12:30 pm – 4:30 pm

Venue: 1801 South Jentilly Lane, Suite A20, Tempe, AZ 85281

- Complement conventional medical treatment for stress with a gentle, subtle, holistic approach
- Use ancient wisdom to reframe the diagnosis of a stress related disease, balance mind & body
- Initiate the healing power from within to address physical, mental, and emotional symptoms

Bring the sense of lightness, joy and well-being back into your life!

Workshop includes ancient breathing techniques and a meditation practice based on a program by Dr Deepak Chopra that uses sound to take your awareness beyond thought into pure silence.

After attending the workshop, there is a **change in my perception**. Before, I would get angry if anyone contradicted my views. Now I try to understand the viewpoint of others. Also, I **feel more peaceful and sleep better at night**. I can definitely say that the workshop has been very beneficial to me.
Anil I, Retired Engineer, Phoenix, AZ