

FREE!

DO IT YOURSELF

Health in your Hands through Acupressure & Natural Therapy

VETHA COMMUNITY PROUDLY PRESENTS WORKSHOP ON WELLNESS (WOW)



**By Prof. Ravindran,
Founder - Yantra Foundation,
Bangalore, India**

He has an MD in Acupressure and is a senior professor teaching Simplified Kundalini Yoga. He was under the guidance of world renowned Dr Devendra Vora, a master in acupressure and natural therapy. Prof Ravindran was initiated to yoga by Sri Vethathiri Maharishi, founder of World Community Service Centre, Chennai.

When: Sep' 10th / Sat: 2 PM to 5 PM

Where: Weston Branch Library
4205 Bonaventure Blvd,
Weston, FL 33332

Fee: FREE

Benefits of Acupressure and Natural Therapy

- Practical Techniques to Relieve Stress
- Uses one's thumb to assess the overall wellness
- Identify, prevent and heal any discomfort in the body
- Safe with NO side effects
 - No cost; No test → "Zero Cost Therapy"
 - 'Do it yourself' treatment

RSVP by [clicking here](#)

Contact: contactus@sfts.org

