

19 – 22 October 2007

Human Health

A workshop by Sonal Vishnoi



The human body tends to be naturally in a state of health. Health is achieved very naturally if our lifestyle and food habits are in accordance with the laws and harmonies of nature. However, modern day lifestyles and food habits have become unnatural and destructive of our natural health. As a result of this, our natural wellbeing has become difficult to attain and our bodies have become a terrain for all manner of ailments. Our body is constituted of the five elemental substances (water, air, earth, fire, and space). Due to a disorganised or unnatural lifestyle, any one of these five elements becomes excess or deficient, and that is when an ailment is born.



It ultimately depends on our own power of discrimination whether we attempt to understand the root causes of the ailment and treat it naturally, or whether we choose to use medication to stifle the ailment and ultimately give rise to more deep-seated ailments in the future.



If we learn small but important bits of information and practices related to health, then these can aid us in our attempt to gain health. In today's hectic lifestyle, the use of yogic postures, acupressure, food and household remedies, can help keep the body in good health.

This 4-day workshop aims to enable us to maintain the health of the body, and to do this on one's own, and reduce dependence upon others for dealing with minor ailments. The workshop will impart practical techniques towards this end.

This workshop will be conducted bilingually, in English and Hindi.



Sonal Vishnoi is a certified practitioner of yoga and naturopathy. She has conducted several workshops on health for youth and children over the past four years.

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Visit **www.gapyearcollege.org** for more information.

The **workshop fee** (including boarding and lodging costs) will be **Rs 2000 per participant**. For **registration** please contact Mridu with your name, email, phone, address at **mridumahajan@gmail.com** and 01376-213060 ; 0135-6455203 ; 09219594203. There are limited seats for the workshop, so please register as early as possible.