

JVB



Jain Vishva Bharati London

Dedicated for upliftment of Socio-Spiritual values

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



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Announces

Refresher Classes on “Two Sundays”

“TOTAL HEALTH THROUGH RYTHMIC BREATHING – 3 SRB”

by Kanoobhai Patel

Following a series of classes by Kanoobhai earlier in the year
....how has your practise been?

Here is now an opportunity to refresh and improve!

....How you breathe, How deeply you breathe, How long you retain your breath for, How you exhale....they all determine your energy level and also the quality of your thoughts. The teaching is simple, scientific and can easily be incorporated in your daily routine!

Date: Sundays: 14 & 21 June 2009

Time: 10:30 to 11:45am (Please be seated by 10:20 am)

Venue: JVB Centre

A NOMINAL DONATION OF £2 PER SESSION IS SUGGESTED TO COVER THE COSTS

Non-profit organization operating as a limited liability company.
UK Registered Charity No. 1106357 UK Registration No. 5009754