



GLOBAL CENTER FOR SIDDHA MEDICINE AND RESEARCH, INC.

(A Registered 501(c)(3) Tax Exempt, Non-Profit Organization, USA)

GCSMR, Inc. | 1803 Grayscroft Dr | Waxhaw, NC 28173 Tel. 980.939.5001 | Tax ID: 84-2594986

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In Collaboration with **HiLife Journey** brings

SIDDHA YOGA Course for Stress and Wellbeing

July 18, 19 and 20th 6 - 8 pm

Open to all at no cost

HTCC Community Center of Mid-Missouri scenic Lakeside venue
4321 E New Haven Rd, Columbia, MO 65201

Yoga can heal body, mind and soul

Doing simple yoga or relaxation movements reduces stress

Thirumoolar Yoga offers physical benefits, including a stronger immune system, less inflammation, more energy, improved balance, and better heart health

Yoga taught by doctors

Relaxation exercises

Simple Yoga postures

Breathing techniques

Mudra, an ancient science of energy flows

Unique meditation

Bring a yoga mat and water

Phone: 980-939-5001 Email: president@gcsiddha.org

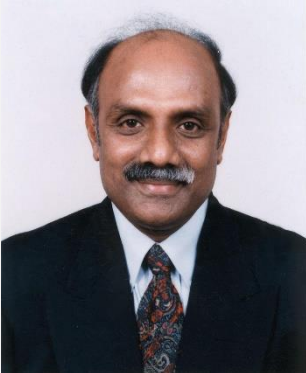
BIO of Speakers



Dr. P. Selva Shunmugam, MD (S), PhD is the Secretary and Siddha Consultant of Health India Foundation Clinic for Integrated Siddha and conventional medicine. He is a President and founder member of Global Center for Siddha medicine and research, India. He is a Research Professor at the World Institute for Scientific Exploration (WISE), USA. He has contributed for more than 15 years in developing Siddha System and has 14 years of research experience in Siddha - Modern integrative medicine. He has received Second place Award from the Academy of Integrative Health and Medicine (AIHM) Annual conference, 22nd to 26th September 2018, San Diego, California, USA. Contact: SiddhaSelva@gmail.com



Dr. Arul Amuthan MD(S), MSc, PhD heads the Division of Siddha in Center for Integrative Medicine and Research (CIMR) at Manipal Academy of Higher Education (MAHE), India. He has been teaching Pharmacology in Melaka Manipal Medical College for 12 years to medical and dental students. He is the expert in General Pharmacology, systemic pharmacology, experimental pharmacology, traditional medicines, Integrative medicine and clinical research. He is the Institutional Ethics Committee member of Kasturba Medical College. He is guiding several M.s and PhD candidates. He is a popular guest speaker in many Traditional and Integrative Medicine conferences/workshops/seminars both in India and abroad. So far, he has delivered > 150 guest talks/keynote address. Contact: arul.amuthan@manipal.edu



Prof. V. CHOCKALINGAM, MD, DM (Cardiology), FACC Emeritus Professor, Cardiology. Dr. MGR Medical University, Chennai. Is internationally recognized for excellence in teaching doctors and engaging people towards heart healthy living. He will address important aspects of holistic heart health and tips to avoid heart attack related complications.

Siddha Yoga is based on the Traditional Siddha Medicine, the 5000 years old alternative medicine of south India. It covers nonpharmacological solutions of Yoga, Varma, energy points stimulations, diet and Siddha lifestyle. Simple home remedies for chronic diseases like Diabetes, Hypertension, Obesity, Arthritis, Gastrointestinal disorders, mental stress, anxiety and PTSD. Siddha Yoga offers holistic healthy living. Please utilize this valuable opportunity.

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