



SUPERHEALTH: A SYSTEM OF YOGIC SCIENCE FOR BREAKING HABITS & ADDICTIVE BEHAVIOUR AS TAUGHT BY YOGI BHAJAN

Dr Mukta Kaur Khalsa will explain the effects of substances on the nervous and glandular system and how Kundalini Yoga is effective with physical dysfunctions, mental traumas and spiritual disorders.

The talk will cover the following topics:

- Drugs, alcohol, food, relationships, work, stress, smoking
- The Addictive Personality and the Exploitation of Hope
- Recalibrating the Imprint on the Psyche
- Nutrition Restoration

You will learn and experience sacred teachings to reach out to people with kindness and compassion and have the capacity to touch and uplift the human spirit.

www.super-health.net

WITH
DR MUKTA KAUR KHALSA



Mukta Kaur is the executive director of SuperHealth and studied this sacred teachings personally with Yogi Bhajan. She directed a specialized hospital rated in the top 10 of all programmes in the US, and more recently a pilot programme in India (research findings published in the Journal on Ethnicity of Substance Abuse).

Mukta is author of newly released book *Meditations for Addictive Behaviour*, and Special Representative to the UN Office of Drug Control and Crime in Vienna.

FRIDAY, 7TH MAY 2010 6:00PM – 7:30PM £15

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

WWW.ALCHEMYTHECENTRE.CO.UK

020 7267 6188