

A Unique Programme On

Stress Management

through
Meditation and Music

*Realise the power of the mind for a healthy life
& role of music in controlling the mind*

A lecture on body, mind, stress and disease
Music Therapy based on Chakras

Conducted by

Dr. P. S. Lalitha
Reiki Grandmaster and Acupuncturist
Founder- Art of Healing

Chief Guest

Padma Bhushan, Kalaimamani
Smt. P. Susheela
Playback singer

and

Famous Tamil compositions on controlling the mind
Compositions on Saranaghathy” (ஸரணாகதி)
surrendering to the Divine power

Rendered by

Padma Seshadri Sisters
Randhini-Roshini

Guided meditation for self healing and for relaxing the mind & body

Date: Saturday, 17th November 2012

Time: 10 a.m. to 1 p.m.

at

Arkay Convention Centre, 'Oms Lakshana', III floor,
148, Royapettah High Road, Luz, Mylapore, Chennai - 600004
Phone: 24661130/9381007317

ALL ARE WELCOME

Valet Parking available

For more details on the programme, please contact
9840044198 (Before 10 a.m. or after 8 p.m.)

www.pslalitha.com

In association with

Computer Society of India, Chennai Chapter
IEEE Computer Society, Madras Chapter
IEEE Technology Management Council