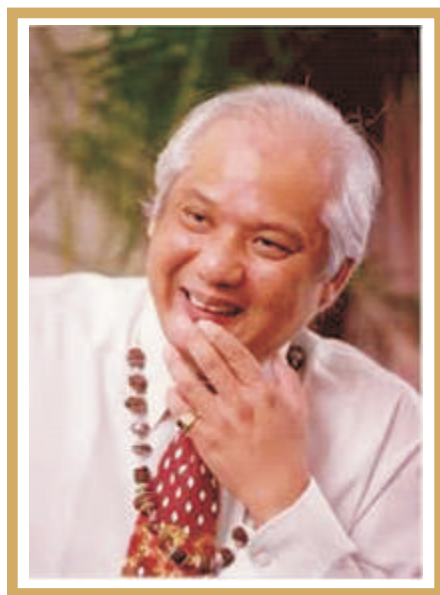


**YOU MAY BE HEALTHY, YET STRESSED...!!**  
**PHYSICALLY / EMOTIONALLY**  
**MENTALLY**

**YOU NEED**  
**STRESS RELIEF**  
**with**  
**PRANIC HEALING**



## Introduction

All of us have used the word “STRESS” at some point of time. Indeed, in to-day's environment, stress is one of the most commonly used words in relation to all of our activities at home, office, school, hospital and so on. The human resource at the disposal of the Corporate World is passing through trying times due to stress, strain, fatigue, weakness and depression.

## What is Stress?

The term Stress, as it is currently used was coined by Hans Selye in 1936, who defined it as “the non-specific response of the body to any demand for change”. Stress is thus a negative response of the body to a taxing situation. Stress exists in the energy form since it involves mental and emotional disorder. Being stressed for a long time manifests in various sicknesses to the physical body such as ulcer, heart ailments, hypertension, liver and kidney ailments, hyperthyroidism, digestion problems, general weakness, depression and many more ...

## What is Pranic Healing ?

Pranic Healing is a simple and yet effective Science of **“No Touch Energy Healing”** originated by Grand Master Choa Kok Sui. It is based on the principle that the body is a **“self repairing”** entity and has the ability to heal itself. It is applied on the aura or the energy body referred in Vedanta as the **“Pranamaya Kosha”**.

The energy body surrounds and interpenetrates the visible physical body. It absorbs life energy from the surroundings and distributes it to the muscles, organs, glands etc. in the physical body. Malfunction in the energy body in the form of energy disruptions leads to illnesses of different kinds. When the energy body is healed, the same is transferred to the physical body.

Pranic Healing provides simple techniques to remove all the negative energies and effects of stress and helps you achieve your goals.

## Benefits of Stress Relief Workshop

Thousands of men & women in over 130 countries have learnt Pranic Healing and use these techniques for the betterment of their lives. In brief, the benefits of undergoing a Stress Relief Meditation workshop are –

- Maintenance of good health
- Confidence
- Good self esteem
- Improved relationship
- Concentration
- Memory enhancement
- Reduction of stress levels
- Positive energy & increased productivity
- Preventive Healing

### Who should attend the workshops –

- HR Specialists
- Corporate personnel
- Trainers & Coaches
- Students
- Teachers
- Home makers
- Software Engineers
- Marketing personnel
- Wellness consultants
- Counselors
- Doctors
- Social workers

... Any individual who wishes to improve his life

### Course Contents

The MCKS Stress Relief workshop is conducted in a three hour session and consists of –

- Understanding energy or Prana and feeling the energy body
- What is the energy body
- Understanding stress as an energy and effects of stress
- Physiological functions of stress centres in the energy body
- Twin Heart Meditation



## The Founder

Grand Master Choa Kok Sui, the Founder of Modern Pranik Healing, was a chemical engineer, scientist, author, philanthropist, family man and a Spiritual Guru. The courses in Pranik healing are the result of thorough research by the Grand Master over a period of 20 years. He is responsible for transforming the art of Pranik Healing into a Science, thereby establishing principles and procedures for all practitioners.

Grand Master Choa Kok Sui is the Founder of Modern Pranik Healing and Arhatic Yoga. His contribution to the healing arts has led to widespread use of Pranik Healing to improve the quality of life of millions of people all over the world. He constantly inspires and encourages spiritual aspirants to learn more and apply these living principles in their daily lives to serve humanity more effectively.

## THE TRAINER

Mr. Vasudev Kaduskar was a computer professional and has worked in the field for over 30 years. He was involved in software development, data processing and consultancy since the 1980s. He has been a witness to the evolution of the corporate world in India and its negative impacts on the health of individuals.

He is presently a trainer for Yoga Vidya Pranik Healing Foundation, Maharashtra and World Pranik Healing Foundation India. He is an authorized trainer for conducting Basic Pranik Healing, Advance Pranik Healing, and Pranik Psychotherapy. He is also an Associate Pranik Healer recognized by Institute for Inner Studies, Inc, Makai City, Philippines.

He has been studying and practicing the Science of Pranik Healing for over 13 years. He was also the Ashram Manager for the Grandmaster's Arhatic Yoga Ashram near Pune for over 7 years. He had opportunities to learn directly from Master Choa and has been imparting training in Pranik Healing with Master's blessing ever since.

## CONTACT

### Vasudev Kaduskar, Trainer

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### Aurangabad Centre :

**Unique Systems**, 5 Bagla Chambers,, Opp SFS, Jalna Road, Aurangabad 431001

Master Choa Kok Sui's work had an enormous impact on my medical practice, my life and my personal philosophy. It will have the same impact on you, if you allow it.

**Dr. Eric B. Robbins, M.D.**  
*Practicing Urologist, California, U.S.A.*

Master Choa Kok Sui's teachings on energy have helped me tremendously in my business. I have used his teachings in framing management policies, dealing with my staff and in just about every aspect of my work.

**Mr. Sunil Goyal**  
*Businessman, Dubai*