

# LIONS CLUB OF LOKHANDWALA TOWNSHIP



HEALTH | EDUCATION | LEADERSHIP | PARTICIPATION

2015 DISTRICT 323A-3 INDENT No. 5368 CLUB No. 058129

President  
Lion Vipul Shah  
9821045906  
primevipul@yahoo.co.in

Hon. Secretary  
Lion Snehal Zavery  
9820130564  
snehal.zavery@aumfarbenchem.com

Hon. Treasurer  
Lion Asvin Shah  
9321331243  
viraj@virajprints.com



By Popular Demand

## Lions Club of Lokhandwala Township

Organises

A Course that can change the Course of your life

By Attending Two days of

# “Effective Acupressure Therapy Training Course”



By renowned & Eminent Trainer

## Mrs. Neeta Sheth.

Mrs. Neeta Sheth is an Acupressure Faculty at Lakulish Yoga University, Ahmedabad, (Gujarat University approved). She is an Author of a book on Acupressure Therapy.

### 1.Date/ Time/Venue of training course

13<sup>th</sup> & 14<sup>th</sup> Nov 2014  
From 1.00 pm to 5.30 pm

AlicA Hall, Lokhandwala Township,  
Kandivali East, Mumbai 101.

### 2.Date/Time/ Venue of training course

17<sup>th</sup> & 18<sup>th</sup> Nov 2014  
From 1.00 pm to 5.30 pm

Vishnushivam Tower, Near Vishnushivam mall,  
Thakur village, Kandivali East, Mumbai 101.

For Consultation she will be available at AlicA Hall on Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> November 2014.  
From 10.00 am to 1.00 pm & 4.00 pm to 7.00 pm on both the days.

**Charges of a Two day training course - Rs. 1,000/- only per person.  
Registration to start from 20<sup>th</sup> October 2014.**

### For Information and Pre Registration

Call Lion Vipul Shah +91 98201 045906 | Lion Gopa Desai +91 98218 63394  
or Chief Project Coordinator | LL Maya Mishra +91 81081 23462

( To Register or know more about acupressure turn over leaflet )

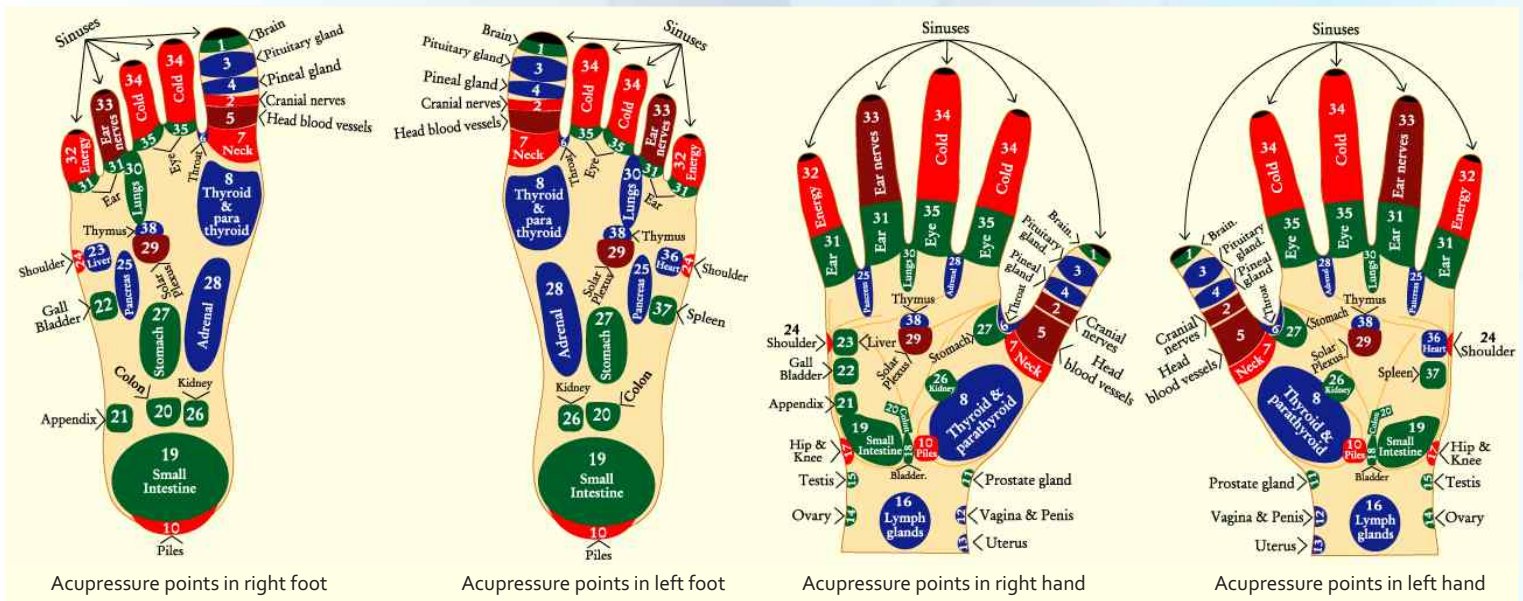
P.T.O.

# About Acupressure

Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body's natural self-curative abilities. Acupressure was developed in Asia over 5,000 years ago. Using the power and sensitivity of the hand, Acupressure Therapy is effective in the relief of stress-related ailments, and is ideal for self-treatment and preventive health care for boosting the immune system. Acupressure releases tension, increases circulation, reduces pain, and develops spirituality and vibrant health.

Acupuncture & Acupressure use the same pressure points and meridians, but Acupuncture employs needles, while Acupressure uses gentle to firm finger pressure. When these acupressure points are stimulated, they release muscular tension, promote circulation of blood, and enhance the body's life force energy to aid healing. Acupressure therapy can be used to relieve pain, fortify the sexual reproductive system, detoxify the body for greater health and beauty, and tone facial and back muscles.

## Acupressure points of Hands & legs



## Register with any of the following person after 20th of October.

1. Lion Dr. Atul Dua. (7C-101 Alica Nagar 022-2966 1186)
2. Lion Dr. Ashok Shah (Shreeji Hosp. Raj Tower 022-6161 5562)
3. Mr. Rahul Arora (Maa Vaishnodevi Realtors Shop A-9 Sierra Towers +91 93244 09393)
4. Mr. Babu Kutti. (Manager, Alica Hall +91 93239 05834)
5. LL Shobhna Kumar. (1807 Orchid Tower +91 98209 10551)
6. Lion Kamalnayan Padhh (11C-401 Anita Nagar +91 98205 49118)
7. LL Rucha Bhawe (2A-703 Green Hills- +91 98206 13343)
8. LL Anjali Vora (A-603 Green Gagan- Shagun Hall +91 93233 92720)
9. LL Rinkoo Mehta (9A-405 Xclusive, W.Palms +91 98336 45959)
10. LL Deep Sharma (3A-703 Whispering Palms +91 98700 02920)
11. LL Leela Nair. (8D-402 Alica Nagar +91 98926 46993)
12. LL Rajashree Rajgarhia. (901 Silver Oak, Raheja Willows. +91 98200 31129)
13. Mrs. Sheetal Kamat (6A-1603 Saphire Heights +91 98192 82867)
14. Mrs. Abha Malviya (5B-102 Neighbourhood +91 91670 23492)

We are Launching soon: "E-Yellow Pages of Lokhandwala Township"

Everyone will be available and contactable to Everyone. / Each Society will have ready data of all its members.

Regular updates will gain YOUR access to all professionals & all businesses in Township.

Our Township will be first of its kind to get united under e-yellowpages.

**Have YOU registered your self ? All Residents MUST.**

To Register Call Lion Hemant Vora +91 93241 13799.