

HEALTH & WELLNESS

Understanding mind, body and spirit -
Relieve stress and discover
health and well-being

Mind-body-spirit is a well known, yet little understood concept. Samagra is a group dedicated to the understanding of this powerful tool. It was started 5 years ago by Dr. Karen Trollope-Kumar and Dr. Pradeep Kumar. Karen Trollope-Kumar is a family physician at McMaster University Medical Centre and Pradeep Kumar is an India trained pediatrician who currently works as an acupuncturist in Hamilton. They studied at the mind-body medicine institute at Harvard medical school;

our original course is based on the MBMI model.

We now have a number of 18 hour body-mind-spirit courses. Through the development of emotional and mental intelligence, and through honouring the body we can relieve stress, to unleash our own empowerment and discover our innate sense of health and well-being.

There are 4 courses being offered this spring. Stillness and Action; Yoga, Meditation and Your Nature; and Meditation will be held at the Regent Health Centre on Locke St. in Hamilton.

Samagra has been fortunate enough to find space at Bliss Yoga Studio on Trafalgar Rd. and so we are able to offer The Chakras and Kundalini Yoga in downtown Oakville. In this course, through dialogue, yoga, breath and meditation, we will come to understand our kundalini and chakras. Kundalini refers to our untapped, innate energy and capacity. Working with our chakra system helps us to understand where this energy is free-flowing or where it's blocked, and helps us release blocks promoting a centered, balanced and blissful life.

The Oakville course, starting April 19th, will be facilitated by Cynthia Nelson, aka Sham Rang Nelson, and Jocelyne Bateman. Sham Rang was a teacher and guidance counselor in Oakville for nearly 20 years. Both she and Jocelyne are certified Kundalini Yoga teachers and members of IKYTA.

Samagra's website is www.samagrath.com or you can email them at: samagra@mail2web.com.

Also visit www.regenthealthcentre.ca and www.oakvilleblissiyoga.com for further information. You can call Sham Rang Nelson at 904 844 3120 in Oakville, or Pradeep Kumar at 905 526 8910 in Hamilton.

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- Dose reduction recommendations
- Cost-savings recommendations



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**DEPRESSION IS A TREATABLE ILLNESS
CHARACTERIZED BY:**

- Low mood or loss of pleasure
- Feeling helpless or hopeless
- Changes in appetite, trouble sleeping
- Difficulty concentrating
- Thoughts of death or suicide

Cognitive therapy teaches skills to treat depression as effectively as medication without the side effects.

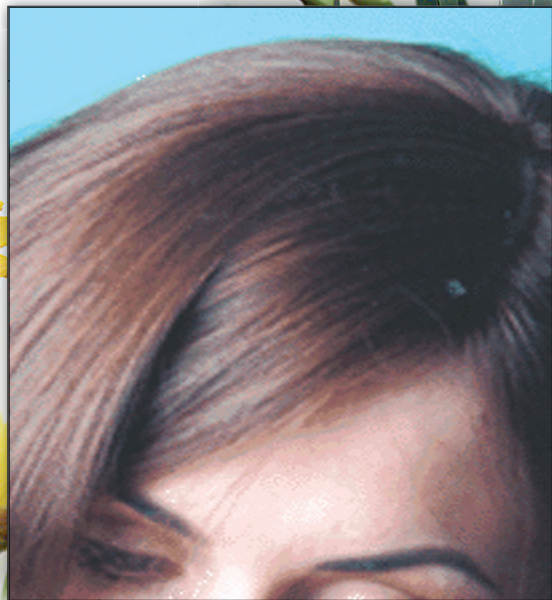
Shift Cognitive Therapy is offering a 10-week treatment group for depression starting in April.



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**The Chakras &
Kundalini Yoga**

9 wks Thursdays 7-9 p.m.
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starting April 19, 2007

for more info contact
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