

The Keys to Health and Happiness: Moving Beyond Dis-Ease Naturally

*A Practical Workshop with Integrative Healer,
Chinese-Medicine Practitioner, Therapist*

KEYVAN GOLESTANEH, M.A.

What is health? It's certainly more than the lack of sickness alone. In fact, it is a **dynamic balance**—and our redefinition of health demonstrates the **seamless connection between the physical, mental, emotional and spiritual.**

In this interactive workshop, we examine the most important keys to **unlocking the body's amazing, under-recognized, self-healing powers:**

- Achieving **emotional freedom** by freeing ourselves from stress and opening ourselves up to the **Life-Energy** that sustains us
- Finding a **diet tailored to one's individual needs**, rather than some one-size-fits-all plan
- Engaging in **conscious exercise** (such as yoga and Qi Gong)
- **Awareness practices** that serve as the crucial, often-overlooked linchpin for this entire transformative process

This holistic integrative approach goes beyond the mere prevention of dis-ease. It's dedicated to awakening human potential and living in health and happiness.

**SUNDAY, 16 SEPT.
9-17:30 h**

RED EARTH CENTRE

245 R. La Fayette / Paris / code A153B

120€ (90€ in advance)

email: Lapis-holistic@comcast.net

CALL: 0610897604

"I recommend Keyvan to everyone looking to resolve health problems . . . [and] enjoy greater vitality and happiness."

— J. Cornbleet,
Author, Educator and Chef

"I'd been to four physicians and never received the insight and clarity I got from him in the first ten minutes. . . .

Keyvan is truly gifted."

— L. Sekban

Keyvan Golestaneh is a natural medical practitioner, healer and scholar based in California, U.S. He is a Master-level yoga teacher who has studied yogic traditions and meditation for 30 years; a psychotherapist and Structural Body Therapist; Degree in Anthropology, and a practitioner of Chinese Medicine, acupuncture and Jin Shin Do. He is the Director of The Conscious Health Institute.

www.LapisHolisticHealth.com www.ConsciousHealthInstitute.org

