

2<sup>nd</sup> International Congress on**RESTORATIVE & ALTERNATIVE MEDICINE**

November 06-07, 2017 | Vienna, Austria

***Sumita Satarkar****Swasthya Santulan Medi Care Pvt Ltd, India***Discover yourself a journey to the well-being and healing: A workshop**

This is a workshop which can be called as a retreat of wellbeing and management of stress and pain by Acupressure. In this workshop, we will be focusing on following topics:

1. Definition of well being.
2. Philosophy of Acupuncture & Acupressure.
3. Difference between Acupuncture & Acupressure.
4. Concept of Chi – Vital Energy.
5. Concept of Energy centres & their co-relation with Endocrine glands.
6. Concept of energy imbalance, manifestation of disease.
7. Causes of Disease.
8. Theory of Stress.
9. Theory of emotional congestion and release.
10. Demonstration of stress & pain release by Acupressure.
11. Concept of Love and harmony.
12. Triangle between divinity, purity and healing.
13. Concept of grief and disharmony.
14. Stress management.
15. Pain Management.
16. Preventive Modules for achieving Peace, Harmony and well being.
17. Q & A session.

**Biography**

Sumita Satarkar has completed her PhD from Open International University for Complementary Medicine, Colombo and doing another Doctorate in Integrative Medicine at International Quantum University of Integrative Medicine, USA. She has presented more than 50 papers in national and international conferences in India and overseas. She is Founder and Director of Swasthya Santulan Medicare Pvt. Ltd. in India and highly acclaimed in Pulse Diagnosis. She is an international trainer in Acupuncture & Acupressure. Recently she has presented her workshop in USA, Italy, as well as India.

[director@acupuncturepune.com](mailto:director@acupuncturepune.com)