

AYURVEDA & Yoga for Long Life

What is Ayurveda?

AYURVEDA – Science of Life – is an ancient Indian medical science aimed at the prevention and cure of illness, through the restoration and maintenance of the fundamental balance of the principles (Vata, Pitha, Kapha) in living beings as a whole body, mind, and spirit. In other words, empower the individual to attain and sustain balance within him / herself - body, mind and spirit through restoring harmony with Nature.



MISSIONARIES OF THE EAST

Mission

Save a Life through physical, mental, social, material and spiritual development in the society using alternative healthcare programs, seminar workshops and retreats.

Vision

To help the poor and needy to improve their life through holistic healing especially using Ayurveda and other safe, effective and affordable means.

Objectives of the Convention

To promote Ayurveda and other alternative health care modalities to health problems without side effects and costly medication.

To provide ways and means on stress management and promote mental health through affordable health care modalities.

Key Elements of Ayurveda

Preventive and Curative practices have evolved over 5,000 years and include complex combinations of natural resources (preparations) which have neither adverse nor contraindicative effects, Panchkarma (five kinds of therapies like medicated oil massage and oil drop) and emetic breathing exercises. With its “emphasis on health, as much as on curing illness” Ayurveda is very likely the most complete health system developed thus far for human problems.



Sandhi Ayurvedic Clinic and Research Center

Mission

To promote Ayurveda and provide a cure for disease which conventional medicine has not effectively cured and provide holistic healing for the needy.

Vision

To provide a health care modality for those who cannot afford other forms of treatment due to high cost and search for medicine to cure so called “incurable” diseases.

Wellness Expo

Healthy products and services will be available for sale at reasonable prices. More than 100 presentations that will explain different stages and evolution of Ayurveda as preventive and curative aspects of various problems.



What is Yoga?

The word YOGA in itself is derived from the SANSKRIT verbal root “yuj” meaning “yoke” or “join”. Thus, Yoga is the science that yokes the “Finite” with the “Infinite” or the individual Spirit with the Supreme Spirit. Yoga is a philosophical school founded by sage Patanjali in ancient times. It involves an eight stages of exercises to liberate oneself from suffering and experience perfect happiness.



City of Mandaluyong

Mission

It is the mission of the City Government of Mandaluyong to continuously perform efficiently in the areas of governance, administration, social services, economic development, and environmental management, instilling among its citizenry the values of collective action and maintaining competence towards self-reliance and sustainable development.

Vision

A premier city performing effectively in administering its social, economic and environmental programs in an atmosphere of harmony, equity and peace.

