


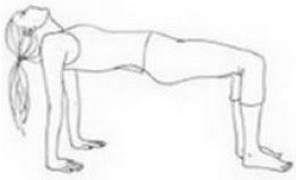



ACTIVITIES OF THE CIRCLE OF TRUST

Organization: Institut Postliceal Phoenix

Country: Romania

	ACTIVITY	PHOTOS
<p>WHAT kind of activity?</p>	<p style="text-align: center;"><i>Techniques of Integrative Oncology</i></p> <p>The <i>Five Tibetan Rites</i> was presented to the members of "Oncosupport" Circle of trust. This is an exercise program used by Tibetan monks to live long and healthy. The exercises can be done at any age, to maintain a young and healthy body. The exercises are thought to work on the charkas, or energy centers of the body. They help to restore the normal spin of the chakras, which in turn helps to restore the health.</p> <p>RECOMANDATIONS: Begin with 1-5 repetitions of each exercise. Add 2 repetitions each week or as you consider yourself ready to. Work up to a total of 21 repetitions of each exercise. For greatest results perform daily.</p> <p>PRECAUTIONS: Seek your physician's advice before beginning this program if you have any of the following conditions - pregnancy, recent abdominal surgery, unmediated high blood pressure, hiatal hernia, hernia, hyperthyroidism, vertigo, seizure disorder, severe arthritis of the spine, lower back pain, neck pain, weak abdominal muscles, shoulder or leg stiffness or weakness, multiple sclerosis, Parkinson's disease, fibromyositis, carpal tunnel syndrome, chronic fatigue syndrome.</p> <p style="text-align: center;">http://www.valter.saask.ee/files/Five_Tibetan.pdf</p> <p style="text-align: center;">http://safisanatos.ro/sanatate-fizica/cele-5-ritualuri-tibetane-metoda-straveche-de-prelungire-vietii/</p>	    
<p>WHO</p>	<p>At this event the participants were 6 people in total, in particular 3 caregivers 1 volunteer 2 patients</p>	<p><i>The pictures are from the site:</i></p>
<p>WHERE</p>	<p>Institut Postliceal Phoenix, Aviator Badescu Street, no. 27, Cluj-Napoca, Cluj, Romania</p>	<p>http://www.yogaesoteric.net/content.aspx?lang=R0&item=11161</p>
<p>WHEN</p>	<p>02.10.2018</p>	