

# VISITING WELLNESS PRACTITIONER



**Dr. Sohail Shah**  
Naturopathic Doctor  
13 January – 19 February 2018

Practicing a unique blend of naturopathy, acupuncture and yoga, Dr. Sohail is a graduate of the Sri Dharmasthala Manjunatheshwara College of Naturopathy and Yogic Sciences in Karnataka. His foray into healing was inspired by his grandfather, an Ayurvedic healer. Himself a daily practitioner of yoga, Dr. Sohail combines herbal remedies, Chinese cupping and yogic relaxation techniques to treat a host of ailments from aches, pains and migraines, to insomnia, weight gain and lifestyle addictions.

Dr. Sohail's inspired approach to holistic medicine works on the foundation of promoting the body's natural ability to heal. Visit Dr. Sohail for a complimentary private consultation to ascertain your personal needs and goals, and begin your journey towards wellbeing.

## Chinese Acupuncture 45 mins / USD 220 (USD 1000 for 5 sessions)

A traditional Chinese medicine practice dating back thousands of years, thin needles are inserted into the skin to correct the flow of qi, or energy, through the meridians. Ideal for chronic back pain, migraines, arthritis, sinusitis and general stress.

## Acupuncture for Appetite suppression or Weight loss 45 mins / USD 220 (USD 1000 for 5 sessions)

Imbalances in your body's qi can lead to decreased metabolism function and unnatural weight gain. Suppress your appetite and boost your body's natural functions by tapping hidden meridian lines.

## Acu-Deep relax 60 mins / USD 260

Combining the healing powers of the East, from acupuncture to yogic relaxation techniques, to remove energy blockages, re-centre the mind and promote a deep sense of inner wellbeing.

## Back Care ritual 90 mins / USD 295

A three-step treatment of acupuncture, massage, and the 3,000-year-old practice of cupping to remove tension and pain from the back and neck area. Deeply remedial and improves the flow of qi.

## Cosmetic Acupuncture 1 session / USD 250

An effective, non-surgical, traditional treatment to reduce the signs of aging and stimulate collagen production. Tiny needles are inserted along meridian lines and acupuncture points to increase blood circulation, helping to nourish and oxygenate the skin from the inside out.

## Hatha Yoga / Yoga therapy 60 mins / USD 165

Hatha Yoga is a gentle form of yoga which focuses on the body-mind connection. It encourages proper alignment of the body and calming of the mind through relaxation and meditation. Each session is tailored according to your personal wellness goals.

## Yogic Intestinal Cleanse 90 mins / USD 250

Detox and cleanse the digestive system in a natural and non-invasive way with LaghooShankha Prakshalana, a cleansing method which entails the practice of perfecting five specific yoga postures and drinking six to eight glasses of lightly salted water.

## Pranayama 45 mins / USD 145

Breathing is a vital component of our life; Yogic breathing techniques help you to breathe efficiently and thus encourages positive effects on your mind and body to help bring a sense of balance and awareness.

## Sleep Meditation 45 mins / USD 145

A guided meditation known as "Psychic sleep" using different visualization techniques to awaken awareness and relax the conscious mind.