



International AYUSH Conference & Exhibition 2017, Dubai

Organisers



WORLD
AYURVEDA
FOUNDATION

AN INITIATIVE OF VIJNANA BHARATI

Workshop on Cupping Therapy



Date: 11th November 2017
Time: 09:00 AM to 10 AM
Venue: Hall 3 - Sheikh Maktoum Hall, Dubai World Trade Centre (DWTC)
Registration Fee: Free for Delegates

For Registration Contact delegate@ayushdubai.org
conference@ayushdubai.org
Coordinator Dr. Javed Moin Ansari (+971 55 441 6828)

Trainer: Dr. Benazir Quraishi, Unani & Hijama expert, Cleopatra's Spa, Dubai

Panelists: Dr. Ajmal. K.T - Calicut Unani Hospital & Research Centre, Kerala - Unani Expert
Prof. S Nafees Bano - Principal, HSZH Govt Unani Medical College Bhopal - Unani Expert

Pain or suffering is due to obstruction, stagnation, congestion and blockage of energy, vital forces and vital fluids of the body. Cupping is a holistic therapy that creates vacuum by using suction cups on different points of the body. The suction draws the skin up in the cups, relieving the congestion and blockages and bringing deep seated toxins towards the surface for elimination; this improves the flow of vital forces and fluids in the body and is regarded as the best way to detox. Specific points are chosen according to the concerns like - Migraines, digestive problems, disc problems etc.

Cupping has a healing and rejuvenating effect on the body and helps in improving the body's immune system. This therapy can be incorporated in our day to day life to promote health and wellbeing. Prevention is better than cure, make cupping a part of our routine lifestyle to stay healthy and fit. This workshop will include:

- Introduction and understanding of cupping therapy.
- Application in daily life.
- Demonstration of basic points to relief lower back ache.
- Opportunity to feel the effect of the cups.
- Q & A

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