

Free Holistic Series - 2022- Starts on Apr 3, 2022 - 10:30 am EST

1 message

Handi-Care Intl. NL <newsletter@handicareintl.org>
Reply-To: "Handi-Care Intl. NL" <newsletter@handicareintl.org>
To: Sulo <info@handicareintl.org>

Tue, Mar 15, 2022 at 7:12 AM

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Handi-Care Intl.

We Can Make A Difference

Registered Canadian Charity #BN 889046397RR0001

Newsletter 197 - March 14, 2022

Online Suddhi Kriya (breathing exercise) and Asanas (Yoga postures) starts on

Apr 3, 2022

Free Holistic wellness series

Introducing.... Gift Certificate option. Now you can send a Gift Certificate to someone and make it more meaningful to them. Please see below for details.

Free Holistic Living Program - 2022

Shuddhi Kriyas & Asanas

16 Weeks Session



**Starts on
Apr 3
Sunday!
10:30 to 11:30 am**

REGISTER NOW

Chitra and Kunal Shah



Dear Sulo,

Suddhi Kriya -2022 by Chitra and Kunal Shah

Chitra and Kunal Shah have been associated with Ambika Yoga Kutir in Toronto since 2001 and have been teaching yoga for the past 21 years. They will be running a one-hour yoga class for 16 weeks starting on April 3rd, 2022.

In these classes you will learn:

1. **Suddhi Kriyas: cleansing techniques including breathing exercises to improve respiratory system function and enhance utilization of lung capacity.**
2. **Asanas (Physical postures): including micro warm-up exercises to increase joint mobility, muscle flexibility, and to help develop balance and strength.**
3. **Concentration and meditation practices: to reduce stress, relax the body and the mind, and sharpen the intellect.**

Date & Time : Apr 3, 2022 Sunday 10:30 am EST

You must register to get your Zoom Link: <https://us06web.zoom.us/j/91942778547>



Gift Certificate:

Give a **GIFT CERTIFICATE** to someone you love for their Birthday / Wedding Anniversary / any significant occasion.

Do you want to celebrate someone's Birthday or Wedding Anniversary or any important occasion? You can now send them a Gift Certificate which would be a donation to Handi-Care Intl. on their behalf. You can select from options to feed the children on that special day or put the money towards buying an assistive device for a child in need or just a general donation. Please [CLICK HERE](#) to fill out your form and send the Gift Certificate to someone special on his/her special occasion.

Current campaigns, requiring your help

SPONSOR 100

Help us achieve sponsorship of 100 children from the 'Sponsor 100' project in the [Early Intervention](#) program where **4,700 children** are enrolled. With as little as **\$35 per month per child**, you can transform the lives of these children.

Your donation will be used for [rehab therapies and training](#).

Upon sponsorship, you will receive: Official Tax Receipt, a Photo, profile, and details of initial assessment, Updated progress reports twice a year there after

[Assistive devices for the differently abled](#)

[An Urgent Need](#)

Close to 5000 children and youth with various disabilities at Amar Seva Sangam, India, are supported by Handi-Care Intl. Many of them need essential mobility devices and equipment **which they cannot afford. This includes hearing aids, walkers, wheelchairs, supportive chairs, orthotics, magnifiers, standing boards, and other assistive technology.** Please [click here](#) for complete details. **We request your support for this much-needed program. The list of beneficiaries and their requirements are listed by name. [See the list](#)**

Please add our email addresses, newsletter@handicareintl.org, and communication@handicareintl.org, phone number, 647-853-4419 to your contact list so our emails/messages can reach your inbox.

Thank you!

Warm Regards,

Handi-Care Intl. Team



Handi-Care Intl. Registered Canadian Charity #BN889046397RR0001

www.handicareintl.org

Our mailing address is:

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