

Conversations About Living: Holistic Stress Management

“Stress is not caused by external circumstances, but by our own internal reactions.”



In this [Conversations About Living](#) event, Dr Shyam Bhat will discuss issues about stress:

- What is stress? How does it affect our mind and body?
- What does the wisdom of Yoga psychology teach us about stress management?
- What holistic techniques can help us feel calm, relaxed, and motivated, even under difficult circumstances?

When: Thursday, May 28th 2009

Where: Rotary House of Service

2143, 16th E Main, HAL 2nd Stage Indiranagar

Time: 6pm - 8 pm

Entry: Free

Conversations About Living is an initiative of **Nirvikalpa: The Center for Human Potential**, a not for profit organization devoted to the exploration and development of human potential.

Dr Shyam K Bhat MD is an integrative medicine specialist and neuropsychiatrist, who integrates western medicine and psychiatry with Yoga psychology and eastern healing traditions.

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