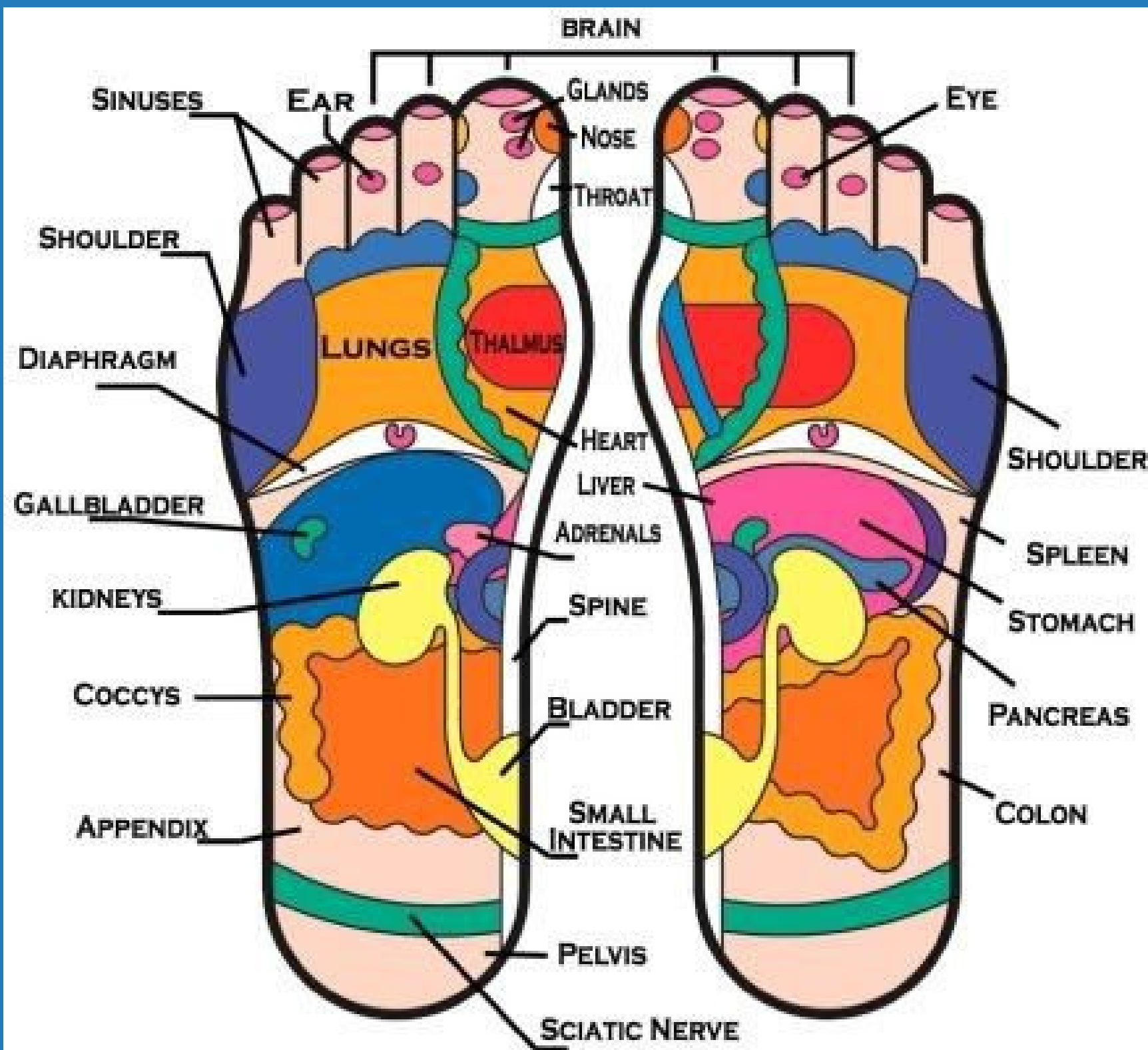


# STUDIO PRIVATO

## tecniche manuali ayurvediche

සුව සහන ආයුර්වේද වෛද්‍ය මධ්‍යස්ථානය

## TAKE CARE OF YOUR FEET LIKE FACE



### Benefits of walk

- Reduces the risk of heart disease.
- Helps maintain proper body weight.
- Reduces stress.
- Strengthens the body.
- Improves mood.
- Improves the functioning of the blood circulation system.
- Prevents obesity.
- Relieves anxiety.
- Improves lung function.
- Reduces the risk of cancer.
- Improves sleep quality.
- Improves physical and mental balance.
- Reduces the risk of contracting non-communicable diseases.
- Creates creativity.
- Strengthens bones and muscles
- Controls blood pressure.
- Improves immune system function.

## By walking barefoot

By pressing the pressure points in the feet, all our body organs are stimulated. Therefore, it is very good to set aside time to walk barefoot on grass, soil, sand, etc. every day.

This connects with the Earth's electromagnetism and creates physical healing.

Dott/Dr. J.M.Neel Jayakody  
Ayurveda shasthri (D.A) (Sri Lanka) S.L.A.M.C.rEG nO; 11584  
Panchakarma Special (Kerala- India)  
Beauty Culture Special ( Kerala-India)  
REIKI Degree i, ii (Jin Kei Do)  
Diploma in Positive thinking (Indepth)  
PgD.BAC .BAC(University of Kelaniya, Sri Lanaka (2018)  
MA.BAC(University of Kelaniya, Sri Lanaka(2022)

VIA GIANNI RODARI, NO: 9/11,  
CORMANO,MILANO, CAP 20032(MI)ITALY  
+393299162490