

DR. M.V. SRIDHAR

DR.SRIDHAR is based in Bangalore, India and has been a professional **MIND AND BODY YOGA CONSULTANT FOR OVER 25 YEARS**, supporting clients all over the world, including India, US, Canada, Europe, China, and Africa. His expertise is in the area of **SCIENTIFIC YOGA**, a form used to manage physical, mental, and emotional conflicts.

Dr. Sridhar holds a Doctoral Degree in Naturopathy from New Delhi University and a PhD in Yogic Science from Coimbatore University in India. He also studied Acupuncture and Homeopuncture at the Open International University of Complementary Medicine in Sri Lanka. Professional affiliations include former Dean at the Academy of Creative Teaching and former international representative for VYASA Yoga University in Bangalore, India.



Dr. Sridhar conducts specialized health-oriented programs on a wide variety of physical and mental issues, including, asthma, hypertension, heart disease, GI disorders, arthritis, ophthalmic disorders, and personality disorders. The programs are customized to specific needs and include physical, mental, and dietary techniques.

Other consultations include corporate seminars and workshops on Stress Management, Promotion of Positive Thinking, and Team Building techniques. Dr. Sridhar has facilitated these types of corporate programs for the World Trade Center in Singapore, National Counsel of Complimentary Medicine in Washington D.C., Silverline Technologies in Toronto, Dubai Gold Souk, and Chamber of Trade & Commerce in Mauritius, as well as many corporations including Wipro, Infosys, and several financial institutions.

Dr. Sridhar's belief is one can benefit from a strong inner and outer well being. Therefore, he has committed to educating, promoting and counseling on topics related to the present need(s). His talks are interactive and intellectually beneficial for both small and large groups. They are based on simple Yoga principals, various relaxation techniques, group dynamics, and fun!

Enjoy a talk with Dr. Sridhar about **Your Health** and **Well Being** soon. Your path to **Infinite Health** starts here.