



IMPORTANT NOTE: ALL OUR HEALTH AND WELLNESS PROGRAMS ARE MODELED AFTER BUT NOT AFFILIATED WITH CLINICAL PROGRAMS OF BENSON-HENRY INSTITUTE FOR MIND-BODY MEDICINE AT MASSACHUSETTS GENERAL HOSPITAL, HARVARD MEDICAL SCHOOL, USA.

WE We provide educational and instructional Body, Mind and Spirit programs for promoting and maintaining optimal mental, physical and spiritual health.

This program is modeled after the clinical programs of Benson-Henry Institute of Mind-Body Medicine, Harvard Medical School, USA and reflects the synthesis of Eastern therapeutic wisdom of yoga and meditation adapted to the changing times of modern stressful lifestyle and its diseases. Stress has been found to be contributing factor in some of the following conditions:

- ▶ Cardiovascular diseases
- ▶ Diabetes
- ▶ Sleep disturbances and insomnia
- ▶ Weak Immune system
- ▶ Sexual dysfunction
- ▶ Cancer
- ▶ Depression
- ▶ Mental and emotional problems
- ▶ Relationship problems
- ▶ Performance decline and burn out

If stress is making you feel sick or exacerbating an already-existing condition, we can help you. Please give us a call. It can save you a lot on your medical expenditure.

Helping You Blossom



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SERVICES



Athletes

This part of our program caters to the sport psychological needs of the professional athletes. While going through this program, you can expect to solve various psychological problems attendant to athletic performance.

Corporate

This section of the program is meant for corporations aspiring to raise their bottom-line by keeping their employees healthy with cutting work-related-illness expenses. Our program *Keep Your Head* can help you achieve these aims.

General Adults

This part caters to a wide-variety of adult issues you might face in life ranging for life-style related health problems, self-esteem issues to feeling of emptiness in life. Personal SOLVE is designed to initiate a holistic and empowering transformation at personal level.

High School

Stressed-out high school teachers can find solace through this part of our program. By using our techniques and programs, you can manage your emotional and mental strain and become a role-model teacher.

Intelligent Counseling

If you are looking for an enduring solution to your personal and relationship problems, this is the section for you. Our aim is to help you transcend your problems so that you can find better solution rather than settling for adjustment-based solutions afforded by conventional counseling.

Support Groups

We do not want to abandon you once you are out of our programs. This service is FREE for every participant who has taken our program. In order to keep you motivated, groups meet periodically in an informal setting so that fellow-members can share their experience and guide each other along the journey. A facilitator is generally present in these groups. Visit the subsection for complete details.

Yoga & Meditation

If you are looking for only yoga and meditation classes, this is the section for you.

For complete description of each category, please visit <http://www.thehq.ca/services/index.php> >>

WHAT PARTICIPANTS SAY...

An amazingly useful; well structured with easy to use applications and background information to support applications. For the 1st time I can believe (have hope) that he 'real self' is better than what I perceive my layered self, i.e. that underneath all this accumulation, I am okay after all.

—Jane-Donaldson-Mooij, Hamilton

The breathing exercises, OM chanting, walking meditation and journaling, the idea of not comparing yourself to everybody around has helped me greatly. Simple yoga movements combined with the breathing to help start meditation. Including quiet time into my day has helped tremendously with anxiety and stress levels.

—Kim Thompson, Fitness Expert, YWCA Hamilton

The talk by you and our discussion group helped me a lot. I am going to miss the class. I have been going through a bad phase. The turning point has arrived. You talk and your manual was very inspiring. And it sounded like you practice what you preach.

—Paramjit Bhar, Dundas

It was everything I expected it to be. I found it especially good at the bringing all therapies, life experiences together to make sense of my life. Yoga poses, meditation techniques, thought surveillance and lecture (discussion) part helped me most. I wish it was longer. Looking forward to next 10-week course. Thank you for the experience.

—Paul Carr, Certified Professional Training Network (C.P.T.N)

For more comments, please visit www.TheHQ.ca



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BIOGRAPHY

DR. PARMJIT SINGH has a PhD in Psychology and Clinical Training in Mind-Body Medicine from HARVARD MEDICAL SCHOOL, Boston, USA. His Post Doctoral training in Sport Psychology is from Australia and Canada. He has taught senior-level credit courses relating to Physical, Mental, Spiritual Health and Wellness, Yoga and Meditation at McMaster University, Hamilton. He has authored research papers, reviewed books, participated in live radio talk-shows, contributed articles on health and lifestyle issues to internet sites, engaged in professional speaking and held numerous specialized workshops for community and corporations.

One of his academic courses (Mind in Health, Healing and Wellness) was featured on CH TV, Ontario, for its unique content and perspective. He was also interviewed on Australian TV about the role of mental training in enhancing sport performance. He has been a member of various national as well as international professional organizations including American Psychological Association, Australian Psychological Society, International Society of Sport Psychology and International Society for Mental Training and Excellence. He specializes in bringing together Eastern and Western wisdom for application to daily life in a scientific and practical manner.

He has been a member of the Community Editorial Board, The Hamilton Spectator, on the Board of Directors, Hamilton Crime Stoppers and is the past President of Hamilton Literacy Council. Dr. Singh is currently teaching 'Body, Mind, Spirit' course in the Faculty of Health Sciences and involved in Professional Competencies Curriculum MD Program at McMaster University, Ontario, Canada.

If you would like to know more about this program, event calendar or any such related inquiries, please write to us at info@TheHQ.ca or call at 905.524.3463. Also visit our website at www.TheHQ.ca for general questions.



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