

Healthy & Fit with LOHAS Meridian Exercise™

LOHAS Meridian Exercise™ is an enhanced version of the normal meridian exercise which has been widely practised locally and overseas.



LOHAS Meridian Exercise™ is a simple and effective exercise and strokes which is suitable for participants of all ages (from young kids to the elderly,). By

practising this exercise regularly, it helps to:-

- clear the blockages in our body
- strengthen our internal organ
- balance the important five elements of our body
- prevent many common illnesses and pains such as migraine, flu, cold, fever, indigestion, PMS, constipation, acne, lethargic and skin problems
- de-stress

In the 12 sessions, participants will learn and practice:-

- Understanding of our meridian system.
- How meridian systems related to common illnesses.
- Practise LOHAS Meridian Exercise™ routine to improve blood circulation.
- Improve immune system and vitality.

-Participants will also learn many important acupressure points and the health benefit.

- Participants will practise mindfulness and focusing technique during exercise.

- Relax, refresh and recharge to start your day with energy.



“5 mins a day ~ Healthy & Active Always”

-Pengtatt.

The uniqueness of LOHAS Meridian Exercise™ is that it focuses on mind-body-emotion wellness. The exercise will not only strengthen the physics, it also helps the participant to focus better and managing the stress at a comfortable level. It only takes 5 minute a day to practise this.

“I am amazed by this simple technique. It helped me to relieve my long term digestion issue. I no longer feel aches and pains or water retention. I wear smaller size of dress. Most of all, I am less reliance on my gluten medication.” Lay Har, 20 Feb 2011.

LOHAS Meridian Exercise™ is a unique program originated and innovated by Beacon LOHAS LLP.

Contact: enquiry@beaconlohas.com for 100% learning benefits.