

## SIHA GATHERING

BONN 24 May - 27 May

Members of the SIHA steering group will be meeting up in the beautiful Königswinter Centre in Bonn. As well as doing latihan and kejiwaan together, we also hope to be finalising our plans to apply for charity status. If this is successful it will open up possibilities for our future development and allow us to apply for grant funding. As the notice above says, other health practitioners in Subud are very welcome to join us.



Alten Schule, Königswinter

**SIHA  
PRESENTATIONS  
& WORKSHOPS**

MEET THE SIHA TEAM AT 17.45 WITH ZOOM LINK (TO FOLLOW). JOIN US FOR  
LATIHAN FROM 18.00 - 18.30 LONDON, OR JOIN FOR THE PRESENTATION/WORKSHOP.

**April  
20** Immune System  
18.45 London

FOR MORE INFO VISIT OUR WEBSITE:  
[WWW.SUBUDHEALTH.ORG](http://WWW.SUBUDHEALTH.ORG)

## April 20<sup>th</sup> Presentation

with Oliver Halviala

This month's presentation will be in a new format. Instead of a presentation there will be organised as a "Panel Discussion with Siha Experts". The aim of this will be for all participants to share what we think is useful and discuss how we can develop these ideas further. This is a new experiment so please do join us to raise any themes and issues you would like to have discussed.

### Topic: Sharing and Learning about .....

PLEASE BRING YOUR VIEWS, RESEARCH & IDEAS

**Time: Apr 20, 2024 - 17:45 London**

- 17:45 Short meeting before Quiet for Latihan at:
  - 18:00 - 18:30 Latihan
  - 18:45 Facilitated sharing
    - 20:15 END

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PRESENTATION 20th March  
REPORT



## Brain Health

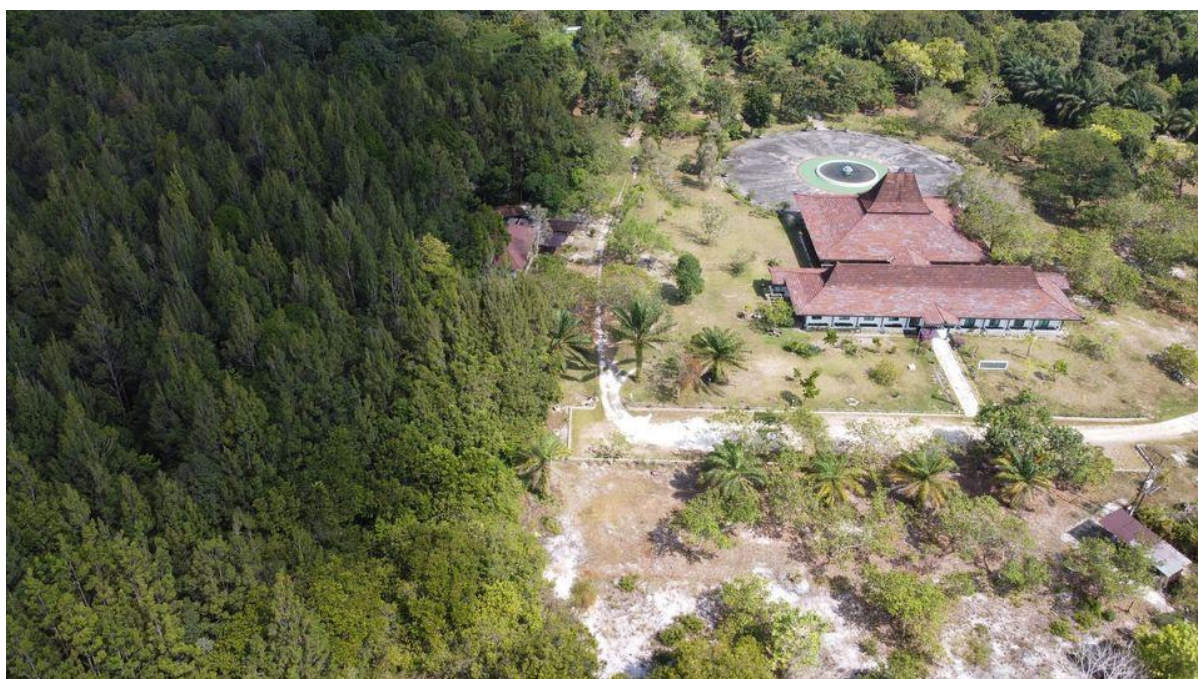
Here is a summary of the presentation given by Oliver Halviala in March:.

Why Brain Health? From time to time, it's essential to prioritize certain health topics, and with March being Brain Awareness Week, the choice to focus on brain health for this month's Siha presentation and workshop was a 'no-brainer'.

In the presentation, the first focus is on brain health, exploring not only how to maintain good brain health but also discovering how to improve it in daily life with optimal sleep habits.

Following the presentation, there is a link to a calmness-inducing therapeutic exercise that is designed for enhancing sleep quality and, consequently, improving brain health."

## World Congress Update



We are preparing for World Congress. For further information click on this link to go directly to the page on the website.

<https://www.subudhealth.org/kalimantan-world-congress-2024-siha>

**With love and best wishes from the SIHA Steering committee:**