

# SUJOK FOR SELF



Experience the power of  
Sujok Therapy by using  
some basic points.

[learnsujok.com](http://learnsujok.com)

[rajshreeyoga@gmail.com](mailto:rajshreeyoga@gmail.com)

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## What is Sujok Therapy?

Sujok Therapy is a South Korean Therapy. It is natural, drugless and best known for its quick and effective results.

Sujok therapy is given on special correspondence points on hands and feet.



## **Prof. Park Jae Woo**

Prof. Park Jae Woo is the founder of Sujok Therapy. He was a South Korean Scientist and Philosopher.

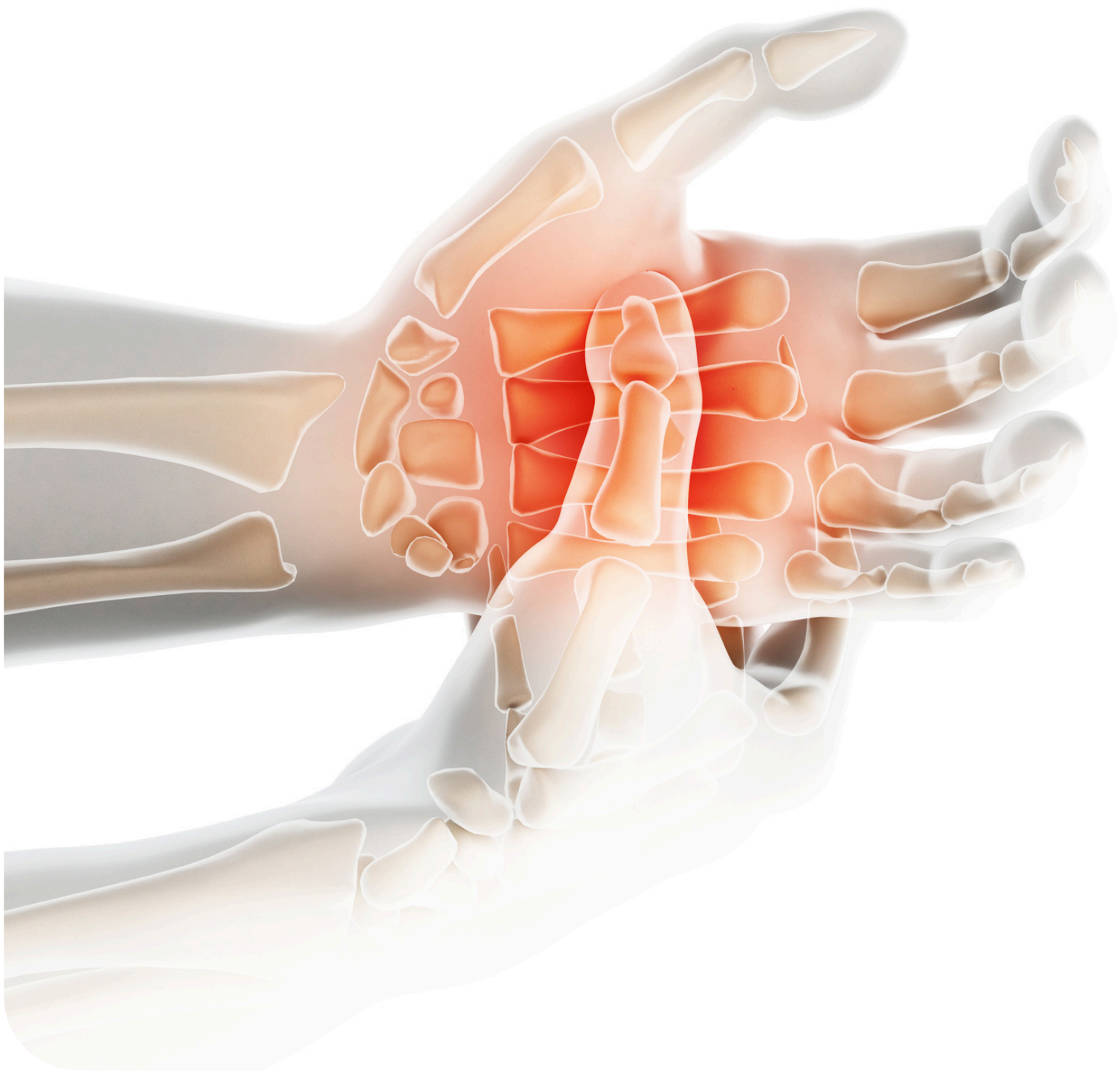
He travelled to over 50 countries to spread the message of Sujok and create a Pain-Free society.

# Treatment methods in Sujok Therapy

- Acupressure
- Sujok massage
- Solar Therapy
- Magnet Therapy
- Colour Therapy
- Moxa Therapy
- Seed Therapy
- Energy treatments
- Acupuncture
- Chakra treatments
- Meridian Treatment
- Energy balancing  
and many more

## **Before you proceed:**

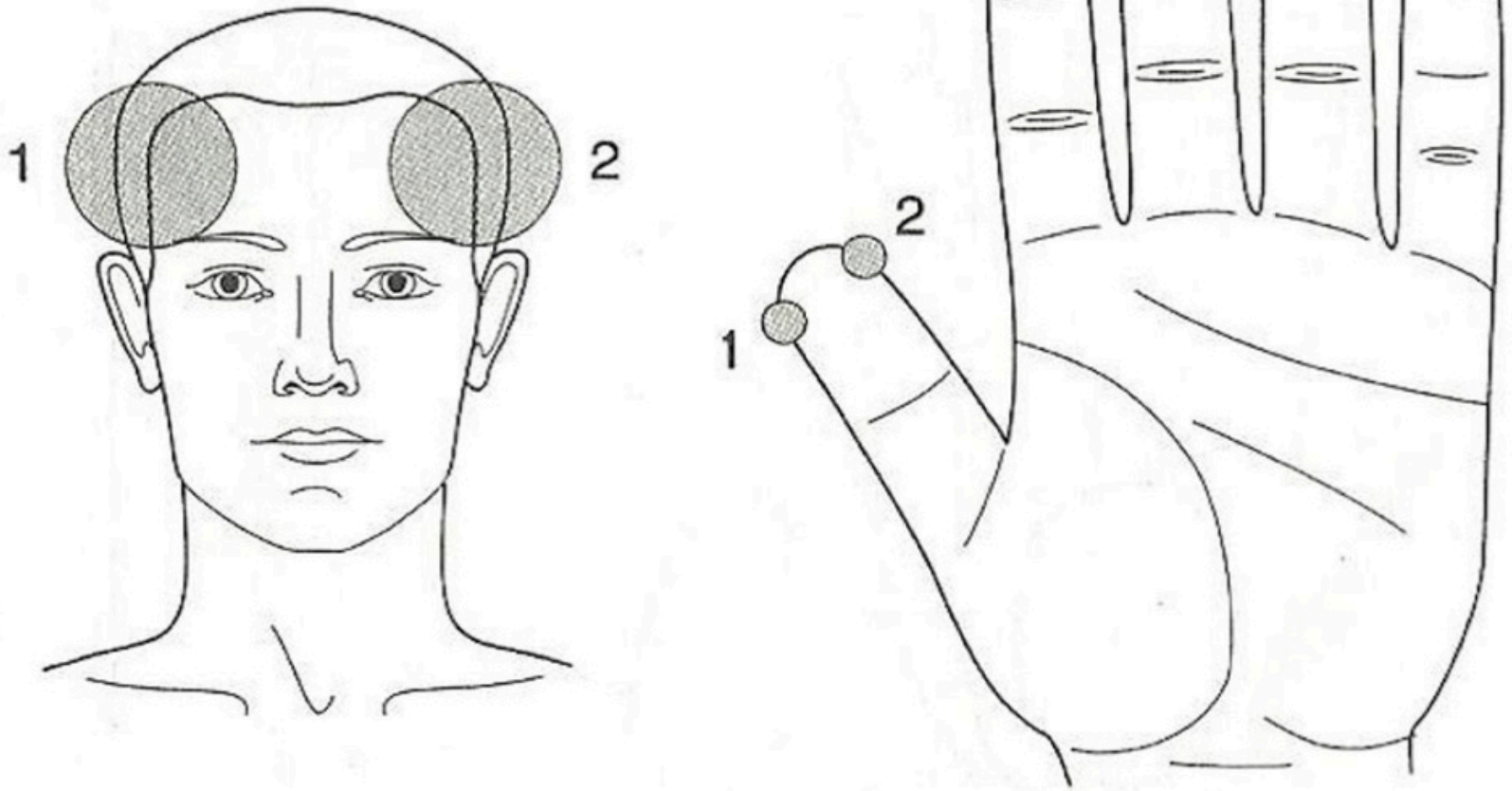
Please note that Sujok Therapy is an alternative therapy. Seek medical help whenever it is necessary. Do not stop any medication prescribed by your doctor.



## **You will learn:**

- Point for Headache
- Point for Lower Back Pain
- Point for Neck & Upper Back Pain
- Directional massage to improve inhalation
- In case of fainting

## *SIDE REGION*



**For Headache**

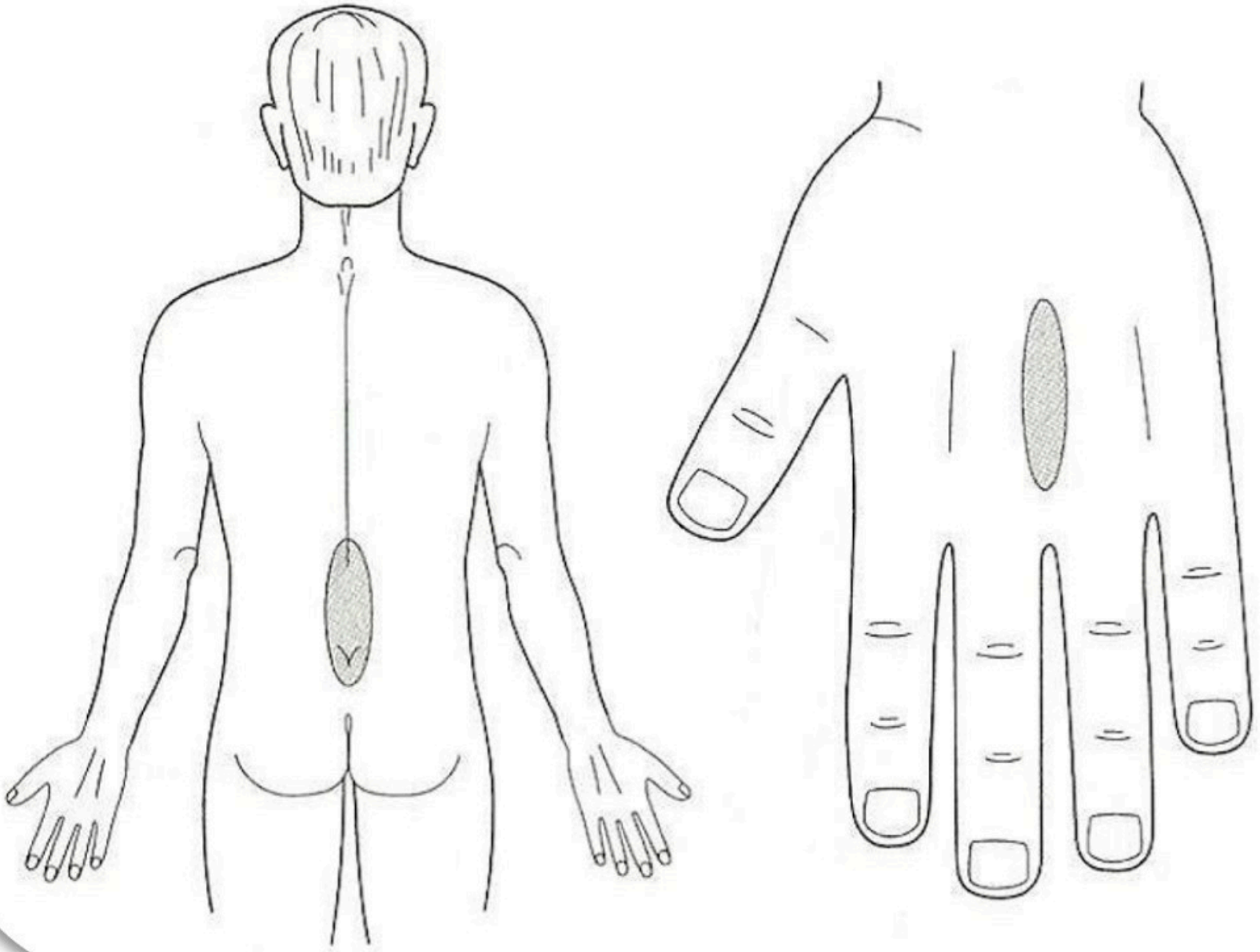
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## LOW BACK PAIN



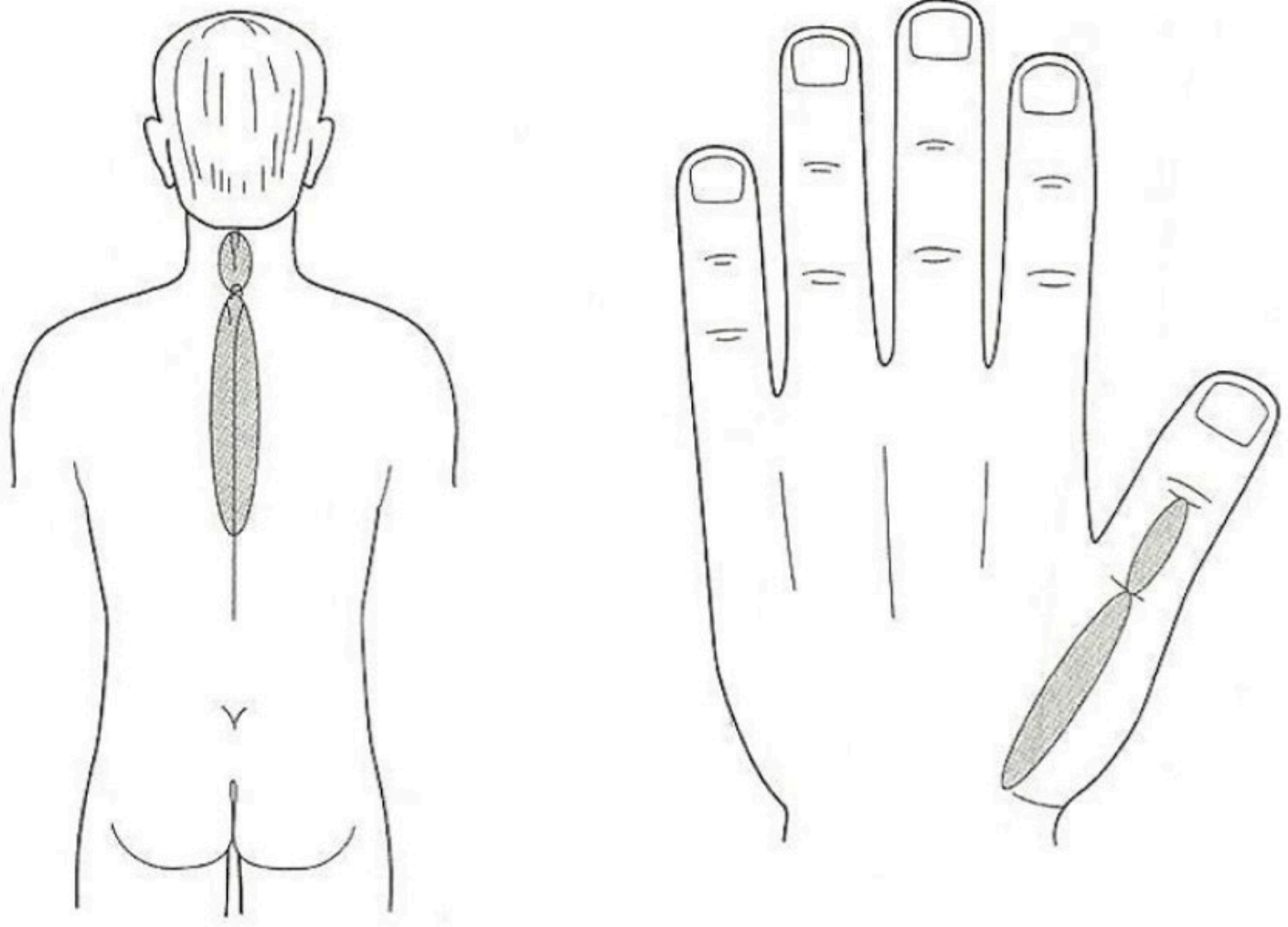
**For Lower Back Pain**

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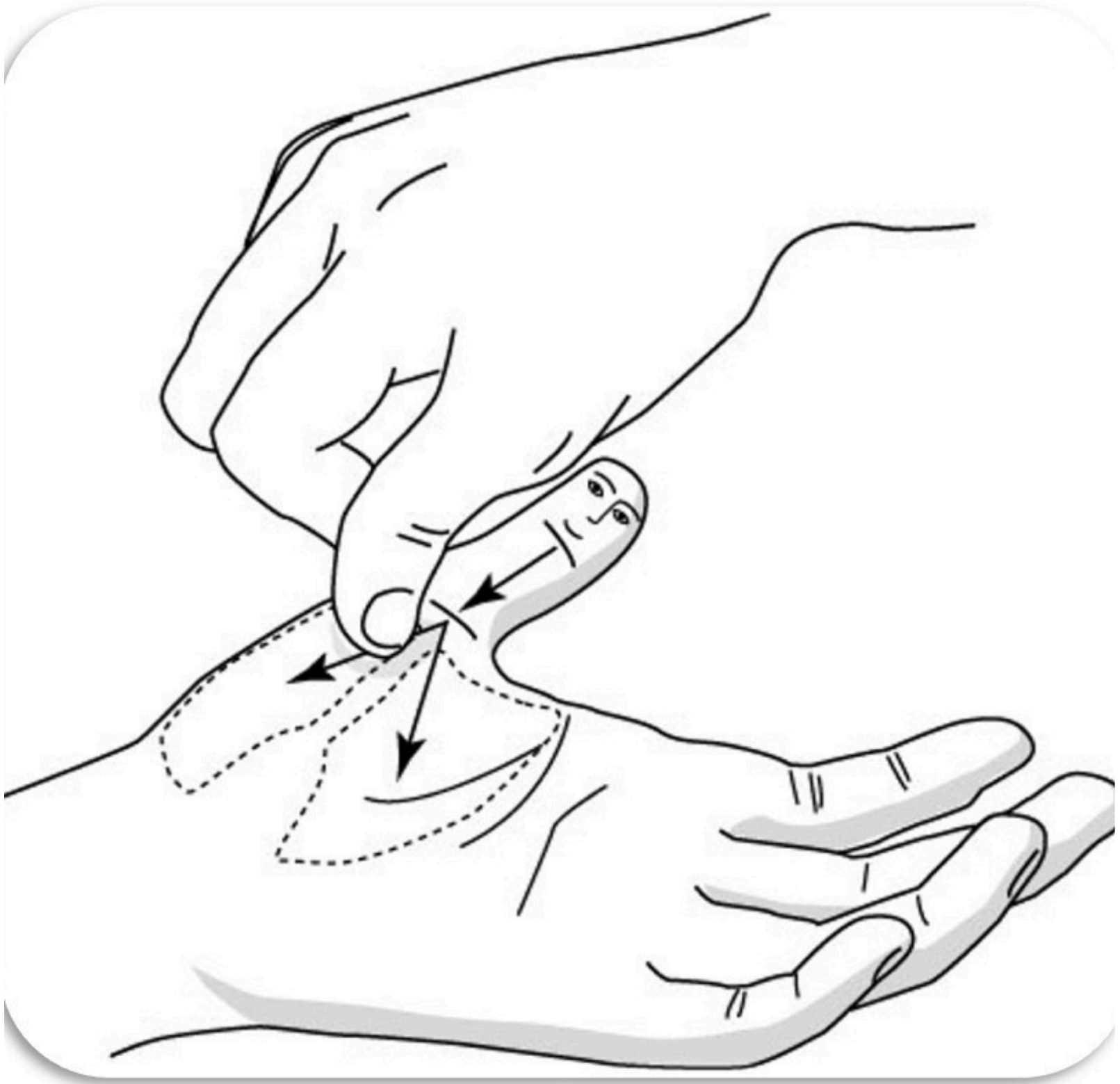
**For Neck & Upper  
Back Pain**

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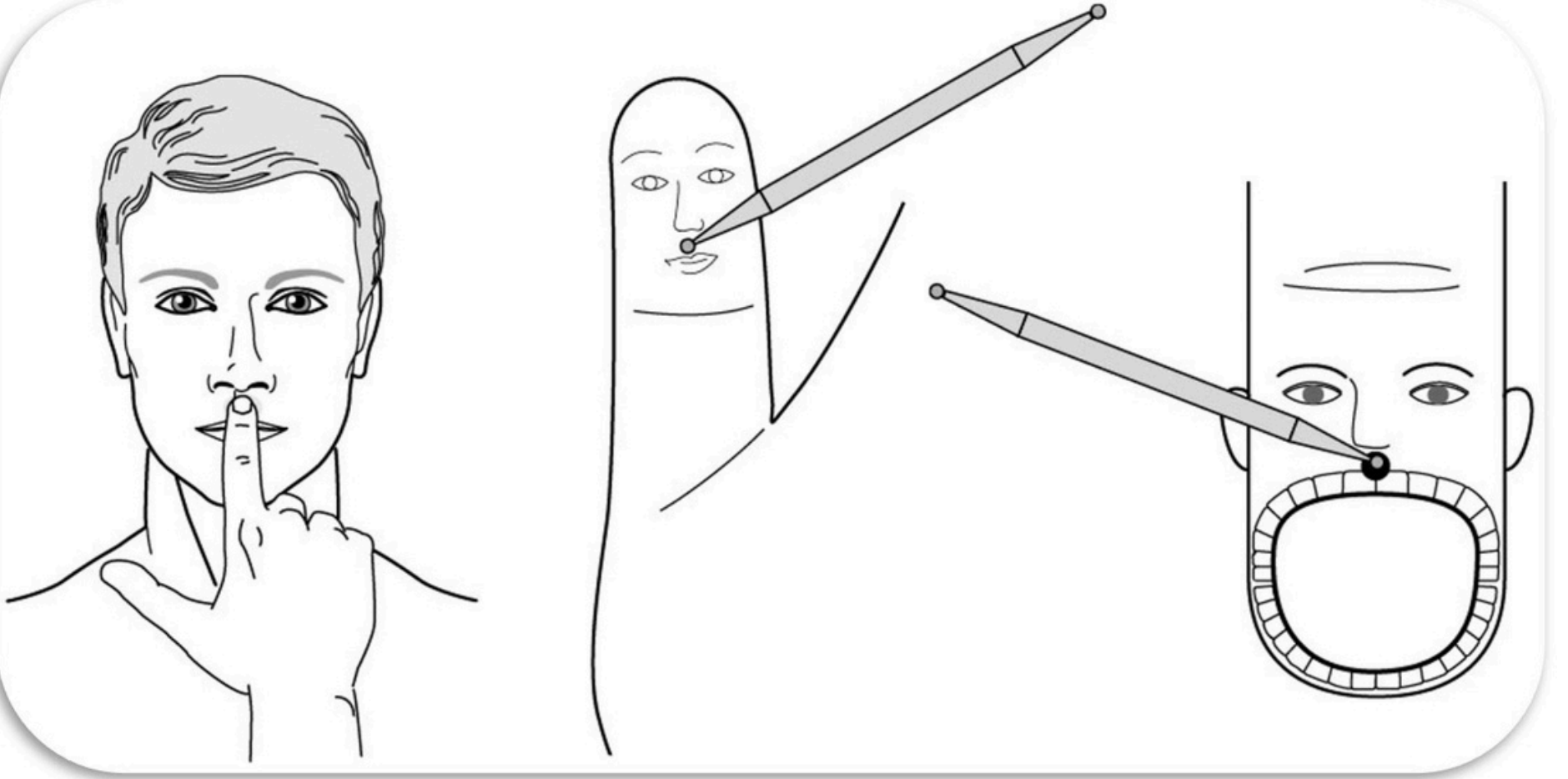
**Directional Massage  
to Improve Inhalation**

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**In case of fainting**

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## Meet Your Trainer:



### **Rajshree Vora**

*Gold Qualified Sujok Therapist and ISA Authorised Lecturer, Global Project Manager, and Core Committee Member of International Sujok Association.*

Rajshree Vora was trained by the Founder of Sujok Therapy Dr. Prof. Park Jae Woo, has over 32 years of experience with Sujok Therapy.



Rajshree Vora receiving Gold Qualification and spending beautiful moments with founder of Sujok Therapy Prof. Park Jae Woo

Receiving Kutch  
Shakti National  
Award by Mah,  
CM



Rajshree Vora being Awarded  
the Savvy Honours award by  
famous Bollywood Actor  
Dharmendra



Rajshree Vora with Bollywood Actor Sonu Sood, Actor & Director Rakesh Roshan, and Prof. Park Jae Woo

**THANK YOU**

We hope this knowledge  
was useful to you :)

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*Learn more about  
Sujok Therapy Level 1:*

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