



A DEEP DIVE INTO
COURAGE



*An Art-based Exploration,
an online workshop organised by NAMAHA,
the Journal of integral Health with*

DR. SUBHASHREE SAVADAMUTHU



1-2 FEBRUARY AT 4.00-6.00 PM IST

"Courage and love are the only indispensable virtues; even if all the others are eclipsed or fall asleep, these two will save the soul alive."

SRI AUROBINDO

Every seeker on the path has a choice to make each moment on the journey inward and outward.

Each unfolding moment offers us an opportunity to courageously surrender and stay in inner silence or get swayed by the mind and outer being. Our sadhana as a sangha has an aspiration to embody Courage in everyday choices so that we may walk steadily to pursue *Sri Aurobindo's vision that, "All life is Yoga"*.

We welcome you to a collective art-based exploration into courage in every aspect of life, e.g. health, work, relationships and inner progress. (No artistic skills required, just a child- like art exploration to discover and embody courage.

Just a few sheets of paper and colours will do!



DR. SUBHASHREE SAVADAMUTHU



is an allopathic physician who underwent an intense inner quest from her college days. Her initial medical practice made her yearn for a deeper and more joyful means of healing and life itself. She studied physiology at AIIMS in New Delhi, but her heart told her to leave and search for a truer way of healing. As her sadhana deepened, she was hand-held to deep dive into Integral yoga through many mentors by the Grace. Her work with Dr. Yogesh Mohan, Purnam and Swahansa inspired her to synthesise an expressive art-based embodiment of Integral Yoga and healing, through which she aspires to progress on the Path.

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REGISTRATION DETAILS

INDIA : Rs. 1,600 - <https://rzp.io/l/ZKPAzzUUcx>

Overseas: US \$ 26

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=NCU6E27NQUC3U

Zoom joining details will be circulated in the morning of 1st February



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