

A 4-PART SERIES STREAMED ONLINE | 4.00 pm to 5.30 pm IST

EXPLORING the BREATH

FACILITATED BY AMIT BHATIA | Organised by NAMAHA, The Journal of Integral Health

Join Amit Bhatia in this ever-deeper exploration into the wonders of the breath...



NAMAHA
The Journal of Integral Health

Session 1: 30th September, 2023

Observing the Breath - Here we explore the breath and its connection to our mind, emotions and body-functions and how regulating the breath can bring about positive changes in every area of our life.

Session 2: 21st October, 2023

The Calming Breath - Explore breathing practices that calm the mind, relax the body and activate the parasympathetic nervous system thereby inducing a relaxation response.

Session 3: 4th November, 2023

The Energising Breath - Exploring breath practices which energise and bring the mind and body to an alert and focused state filled with clarity, these energising practices help us overcome dullness and lethargy.

Class 4: 16th December, 2023

The Balancing Breath - here we explore practices which balance and equalise every part of our being and how a balancing practice effects our overall health, emotions and state of mind.



Amit Bhatia is now based in Dubai in the UAE. He studied Real Estate Management at Harvard Business School. After graduating in Commerce at Mumbai University, he has evolved into a writer, researcher, leader and multi-passionate entrepreneur who teaches and practises yoga, meditation, Pranayama, Qi Gong and energy healing. He is also a life-coach, positive change catalyst and influencer.

Registration Details

To join the entire workshop: Rs. 2,200 / To join individual session: Rs. 700
<https://rzp.io//2HbSYzSA5g>

From overseas: to join the entire workshop: US\$ 35
https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=5KF9GGLVEV778

To join individual session: US\$ 10
https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=2V4PF5QYK65EL

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