

DISCOVERING *Love & Healing*

Dr. Subhashree Savadamuthu

23-25 May, 2023 4.00-5.30 pm IST

An online workshop organised by NAMAHA, the Journal of Integral Health

The Mother says, "It is Grace that truly heals". Are we in constant touch with that Unconditional Love? What does Love mean to us? How can we be in touch with the essence of love in everyday life?

We invite you to a warm exploration of Love, through creative expression through arts (no skill required, just a child-like beginning) and meditative immersions.

The sessions aspire to unfold a deeper understanding of our emotions through fun and play, so that love can flow freely from our deepest Self. We also will look at how to connect to the essence of love in our relationships within ourselves (the parts of our being), in food, with our loved ones, through work and in our movement.



NAMAHA
The Journal of Integral Health

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The Zoom joining details for the workshop will be circulated in the morning of **23rd May**

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Dr. Subhasree 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, New Delhi but her heart told her to leave and search for a truer way of healing. As her sadhana has deepened, she now aspires to synthesise healing and unconditional Love.