



NAMAH
The Journal of Integral Health

17 - 21 November, 2020

10.00 - 11.00 am IST

IMMUNISE YOURSELF THROUGH INTEGRAL YOGA



No one can walk through life without protection and the protection we deploy depends upon the state of our consciousness. Given the condition of society today, most seek safety from material harm and leave it at that. As a consequence, material threats are generally met by a material response. Currently the world is scrambling for the ultimate vaccine against Covid-19. However, our truest means of total immunity lies inside all of us. Humanity has inner powers to defend himself. Physical harm, for example, can be more easily prevented by subtle means which are entirely at our disposal.

We need to understand the true nature of immunity: it works on many levels. It has many gradations. Everyone seeks seclusion from disease and illness, but as we become more conscious we yearn for total immunity against every harmful influence. Any threat to our growth and progress is harmful. As we grow we seek immunity against harmful suggestions, negative contagions and adverse forces.

Is there a way to be totally invulnerable from all types of harm? In this programme, Dr. Debabrata Sahani, a medical doctor with a pragmatic yet clear-sighted spiritual vision, will examine the various tiers of immunity available to us all. We will notice that as we evolve, the protection we carry becomes more and more subtle. We will also understand the power behind spirituality. In practical sessions, he will demonstrate ways of immunising our whole complex individuality through knowledge of Integral Yoga. *Come to this workshop and unearth your true immunity!*



Dr. Debabrata Sahani

was born and raised in the atmosphere of faith and devotion in Odisha. He graduated with a medical degree in Mumbai. For

post-graduation in Ophthalmology, he chose Shimla in the Himalayas in order to absorb the calm strength and simple life of the mountains. His life and work training found ultimate meaning in Pondicherry and most particularly with the Sri Aurobindo International Institute for Integral Health and Research (SAIIHR). He works as a surgeon, entrepreneur, philanthropist and life-coach. He runs two hospitals, a non-profit company and works for a project for the inner transformation of youth. He is also an Editor of NAMAH, the Journal of Integral Health.

REGISTRATION DETAILS

Google Meet session : Link after Registration
International payment : <https://rzp.io//SAR0kPU5B8>
Domestic payment : <https://rzp.io//SExy37RC>

PayPal Link

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=A26MG53VYNZLQ

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as well as www.namahjournal.com

As a guideline, the 5-day workshop of 1 hour sessions will be spontaneous and fluid but will progress through three broad stages:

DAY 1	Your Natural Immunity
DAY 2 & 3	Your Subtle Immunity
DAY 4 & 5	Your Psychic Immunity

Workshop fees is Rs. 1200.

The fee is non-refundable

For Bank Transfer

Account : NAMAH
Account no : 1235498160
Type : Saving
Bank : Central Bank of India
IFSC : CBIN0281354