

# INTEGRATE YOURSELF



NAMAH

The Journal of Integral Health

***Everyone yearns to be whole, but what does the word whole mean in Integral Yoga?***

It means integrated. We long for Oneness. This Oneness is the key to our health and well-being. We are *Oneness at source so why is our being so rife with division and conflict?* Evidently the human being is a complex entity but through integration it can become a complete whole.

*But what is it that makes it whole and how is it possible to achieve complete wholeness?*

In this three-day workshop, these questions will be answered. In two sessions, **Dr. Alok Pandey** will give a profound understanding of integration. He will look at what it represents and the glorious implications of being integrated.

This state is not handed out though and only comes through practice. In an experiential session, James Anderson will look at certain ways of acquiring integration throughout your being.

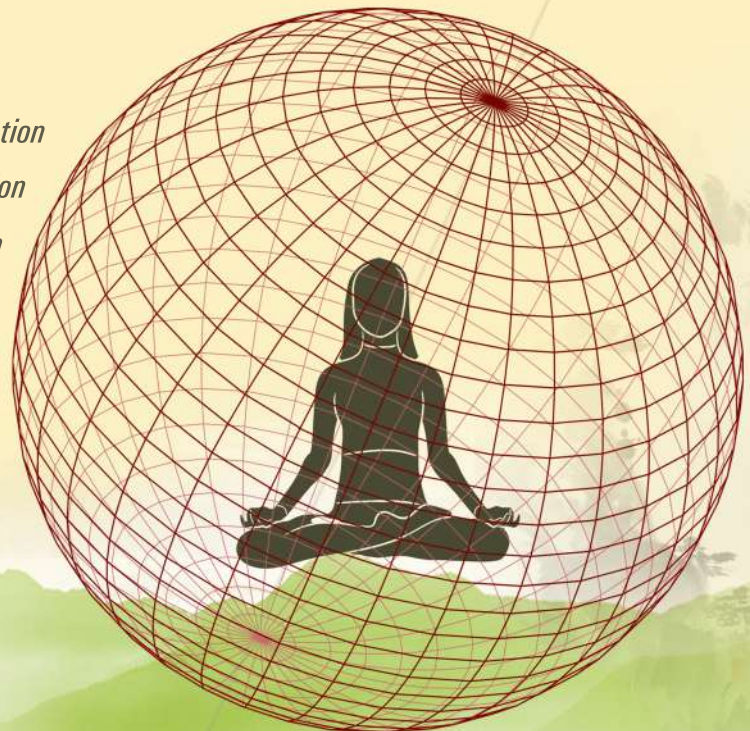
We invite you to join us at this life-changing workshop.

## Sessions

1. **Dr. Alok Pandey** - *Understanding Integration*
2. **Dr. Alok Pandey** - *The levels of Integration*
3. **James Anderson** - *Practising Integration*

**13-15 May, 2021**

**ONLINE SESSIONS at  
5.30 pm to 6.30 pm**



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as well as <https://www.namahjournal.com/>

# FACILITATORS



## Dr. Alok Pandey

is a medical doctor specialised in psychiatry who retired from the Indian Air Force and has currently settled down at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and abroad and contributed numbers of articles on different subjects in various Indian and International journals. He has authored three books and also edits All India Magazine, a monthly journal of the Sri Aurobindo Society. He is also a Founder- Editor of NAMAHA.

## James Anderson



Adversity has accompanied James and helps to shape his destiny. Born in England, he encountered life-threatening illness when 21 while travelling abroad. He then worked at the Lloyd's market as a Director in the City of London for 16 years. A sudden calling changed the direction of his life and he set off to India. He first came to Pondicherry in 1999 and, by and large, has remained here ever since. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, the Journal of Integral Health. He has written a book, A Torch in the Dark, which will be published very soon. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

### REGISTRATION DETAILS

**Join meeting after registration with this link : <https://join.freeconferencecall.com/james5528>**

**Access code will be provided on 14th April**

**Workshop fee is ₹ 750**

The fee is non-refundable

#### **For Bank Transfer**

Account : NAMAHA

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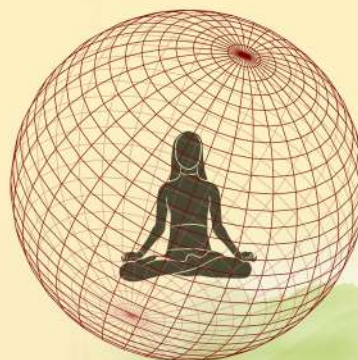
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