

# INCREASE YOUR VITALITY

WITH  
DR. DEBABRATA SAHANI

6-8th MAY, 2021

ALL SESSIONS at 4.00pm IST (1:30 hours duration)

**Without life-energy, we are nothing.** It is our greatest barrier against disease and ill-health. A strong vital is a necessary component in Integral Yoga. Its shortcomings are well documented but when converted, it exhibits immense virtues for this path of transformation. It is from this reservoir that we summon all the vigour, courage and enthusiasm to move forward towards our goal. We have to realise the spiritual warrior within us and a healthy vitality truly assists.

However, the reality is often very different. *Do you feel drained of this necessary life-force? Do you feel often depleted? So what is the secret to a healthy vital?*

In this three-day online workshop, **Dr. Debabrata Sahani**, medical doctor and pioneering life-coach, will show you how to immeasurably increase your vitality. During the sessions he will focus on multiple ways to increase your vitality in daily life. The emphasis will be on practice and not theory. *Come to this workshop to raise the threshold of your existence...*



NAMAH  
The Journal of Integral Health



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## DR. DEBABRATA SAHANI

is a consultant ophthalmologist working at Odisha. He is closely associated with the Sri Aurobindo International institute of integral Health and Research and NAMAHA. Indeed, he is an Editor of NAMAHA. He has been working to integrate higher spiritual principles in the day-to-day life of common people for the last thirty years.



### REGISTRATION DETAILS

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

Insert Security Code given in Calendar Invitation to enter the event.

Workshop fee is ₹ 900

The fee is non-refundable

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E-mail : [james@namahjournal.com](mailto:james@namahjournal.com)

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