

PRACTISE FOR INTEGRAL GROWTH

WITH
JAMES ANDERSON

an online workshop on 8th, 15th, 22nd and 29th October
starting at 4pm IST with 1:30 hour duration

This workshop will look at the workings of your spiritual practice and will base itself on experience more than theory. In all yoga, practice is mandatory. However, if you intend progressing in an integral way, there are special considerations that need to be absorbed and heeded. This interactive and experiential workshop will look at the essence of practice from the context of Integral Yoga and how you can more easily translate it into everyday life.

This workshop will be held over 4 sessions on a weekly basis on Fridays. The intervals will give you time to absorb and practise what has been shared and imparted during each session before. We will look at ways of connecting more easily with the psychic influence. It will look at the practice of integration with your true centre and alignment with the higher forces that are always ready to descend. It will demonstrate how to extinguish your negative habits and patterns. The sessions will also be a healing experience and will share ways of building your own immunity. Practice is truly multi-faceted. The workshop will be a spontaneous offering and we will witness where the journey takes us! Above all, the workshop aims to help you live and grow in a more harmonious, productive and conscious way....





PRACTISE FOR INTEGRAL GROWTH

WITH
JAMES ANDERSON

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 also Coordinating Editor of NAMAHA, the Journal of Integral Health. He has recently brought out, ***A Torch in the Dark***, a book which examines human growth in an integral and experiential way. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

REGISTRATION DETAILS

Zoom joining link and passcode will be circulated on **7th October**

Workshop fee is Rs. 1,200

Payment from outside India: US\$ 20

The fee is non-refundable

For Bank Transfer

Account : NAMAHA

Account no : 1235498160

Type : Savings

Bank : Central Bank of India

IFSC : CBIN0281354

E-mail : james@namahjournal.com

Phone : James +91 7094898789

Domestic payment : <https://rzp.io/l/bB05oo6t>

Foreign Nationals : https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=NNPBRDA4MH7AQ



NAMAHA
The Journal of Integral Health

