



MUDRAS

AN INTRODUCTORY AND EXPERIENTIAL IMMERSION

*an online workshop organised by NAMAHA,
the Journal of Integral Health with*

AMIT BHATIA



*26-28 February with sessions
at 4.00-5.30 pm IST*

Hand mudras are symbolic gestures used in yoga and meditation, involving specific arrangements of fingers and hands. They are believed to manipulate the flow of energy in the body and correspond to the five elements: space, air, fire, water, and earth. Each finger represents a different element, and the positioning of the hands is thought to balance these elements, promoting mental and physical well-being. Mudras are integral to enhancing concentration, emotional balance, and a sense of harmony in one's practice.



NAMAHA
The Journal of Integral Health



Day 1	Introducing Mudras
Day 2	Mudras, meditation and Pranayama
Day 3	Mudras for different ailments and creating a regular Mudras Practice



AMIT BHATIA



is now based in Dubai in the UAE. He studied Real Estate Management at Harvard Business School. After graduating in Commerce at Mumbai University, he has evolved into a writer, researcher, leader and multi-passionate entrepreneur who teaches and practises yoga, meditation. Pranayama, Qi Gong and energy healing. He is also a life-coach and positive change catalyst and influencer.

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CONTACT

E-mail : james@namahjournal.com
Phone : +91 7094898789
- (0413) 2226263
Website : www.aurosociety.org
www.namahjournal.com

REGISTRATION DETAILS

INDIA : Rs. 1,800 - <https://rzp.io/l/E6jZB3do>
Overseas: US \$ 28
https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=5KF9GGLVEV778
Zoom Joining details will be circulated in the morning of 26th February

