

Dr. Pooja Maddela

Mantra & Mudra for Health and Wellbeing

Date: October 2, 2016

Time: 1245 hrs – 1330 hrs

Mantras are powerful vibrations. They lead us to enter into deeper levels of consciousness—thus helping to expand our awareness of the pure Self and connect us to the source of everything in the universe. *Mudras* restore *Prana* (life-force) and help us to balance the nervous system, increase mental clarity and allow inner stillness to emerge. Exploring these subtle practices will allow us to feel Oneness with all life and integration with all levels of being.

Join Dr Pooja to explore the traditional Yogic wisdom of Mantra and *Mudra*.