



Ministry of Culture
Government of India



इन्दिरा गाँधी राष्ट्रीय कला केन्द्र
INDIRA GANDHI NATIONAL CENTRE FOR THE ARTS

Prastuti-IGNCA Presents

Experience the HEALING "SPANDAN"
of

MINDFULNESS

HIMALAYAN SOUND HEALING

and BREATHWORK

Saturday, **26th**
November, 2022

Time: 10:30 AM to 11:30 AM

Venue : Darshanam 2, Ground Floor, IGNCA

- *Simple yet Powerful*
- *Releases Stress*
- *Relieves from tiredness and Fatigue*
- *Balances nervous System*
- *Triggers Healing Mechanism*
- *Boosts Immunity*
- *Prevents Diseases*

With



Shivaditya Purohit

Alternative Medicine & Mindfulness Coach
(M.Sc. Yoga Therapy, Naturopathy Doctor)



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