



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

23rd - 24th
November, 2022

10:30 AM to 11:30 AM & 12 Noon to 1 PM
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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