

Learn Mudra, anytime, anywhere!

We are conducting online workshop to practice Haste Mudra (Hand postures). In this, we will be sending course content/images/videos in whatsapp app and the subscribers can go through it, in their leisure time.



You can also raise your doubts/queries and it will be answered in specific timing.

Please go through below details and get back to me if you would like to subscribe.

What is Mudra?

Mudra is simple yoga posture done to channelize the energy flow in our body. By doing, one can treat most common disease and discomforts in physical body. Regular practise of mudras will contribute to your overall good health and can be used as a preventive measure.

Benefits of Mudra practice:

1. Easy to do
2. Works equivalent to many yoga asana postures
3. Cost effective self healing method .
4. Helps in regular breathing and meditation practise.
5. Certain mudras can bring in life style changes
6. Wishing fulfill (Goal achievers) mudra can help you be focused and get the goal.

In this whatsapp workshop, we are dividing the classroom into 4 major courses like,

1. Foundation : 5 Days Course in whatsapp (Free)
2. Basic : 10 Days Course in whatsapp (Rs. 250)
3. Intermediate : 15 Days Course in whatsapp (Rs. 300)
4. Advanced : 15 Days Course in whatsapp (Rs. 350)

1. The foundation course on mudra will give you the outline of

- i. What is mudra
- ii. Types of mudra
- iii. Five elements and mudra
- iv. 11 Basic mudras
- v. Advantages of mudra therapy
- vi. List of disease we can cure based on mudra

2. The Basic course on mudra will give you the details of

- i. What are the five elements
- ii. How to find out imbalance and balance the energy
- iii. 24 mudras
- iv. Position of mudras
- v. Self correction
- vi. Basic breathing
- vii. Mudras for 25 common diseases

3. The intermediate course on mudra give you the details of

- i. How to diagnosis the imbalance in body
- ii. 20 mudras
- iii. List of common diseases we can work and help others

4. The advance course on mudra give you the details of

- i. Chakras
- ii. Meditation based on chakra
- iii. Breathing based on chakra
- iv. Forgiveness therapy