



S-VYASA
Deemed to be University
Bengaluru, India



Short-term
Online Course

Introduction to Mudras Energy Healing Positions

Mudras are the silent communicative process of the human system. It is a physical equivalent/ representation of a mantra. It is a gesture, a position that locks and guides the energy flow and reflexes to the brain. It creates an electromagnetic circuit. Practicing mudra engages both the body and the mind which constitutes a very focused and powerful healing practice. Hence it plays a significant role in improving and maintaining health.



Course By:
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Reiki Teacher; &
Pranic Healer

The course entitled “**Introduction to Mudras: Energy Healing Positions**” provides a basic and comprehensive understandings to the concepts of Mudras and its performance. Selected Mudras will be taken and explained for its principles, methods of practice, its functions, purpose and benefits in relating to the activation of the self-healing energies from within.

Highlights of the Course: You would be able to understand and learn

- The Concept and History of Mudras
- Principles of Mudra Healing
- How to perform and practice mudras for the activation of self-healing from within
- Benefits of practicing mudras in relation to general well being
- Understand the practical steps to take to strengthen the body-mind system
- Helpful for Yoga Professionals and NET Exam
- **After the completion of the course you would receive E-Certificate.**
- **View access to session recordings will be available**

Details of the Course:

- Age Group: **18 yrs & above**
- Course Duration: **10 sessions**
- Day & Time: **Mon – Fri ; 7:00 – 8:00 pm (IST)**
- Starting from: **06th Feb 2023**
- Registration Link: **<https://forms.gle/QxRyWrN4xsXiAE829>**
- Course Fee: **₹. 2200/-**
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