



Sunshine Yoga Academy

www.sunshinelyoga.ca

Proudly welcomes Dr. Indu Arora for an

Intensive Mudras Seminar

About Dr. Indu Arora



Indu Arora is a highly accomplished international speaker, acclaimed Yoga Therapist, Master Teacher, Healer and Author, with more than 30,000 hours of experience. A true Yogini by Karma, she has a Doctorate in Alternate Medicine (MD), a Medicinal Herbalism degree (BMHS), and a diploma in Naturopathy (ND) and Magnetic Therapy. Awarded with Yoga Shiromani and Yoga Bhaskar, she has a Grand Parenting E-500 T-500 experienced registered yoga teacher certificate from

Yoga Alliance. Dr. Arora is also pursuing her PhD. in Metaphysical Sciences from University of Metaphysical Sciences, CA.

About the Mudras Seminar

Mudra is the ancient Yogic art and science of gesturing and sealing vital pranic energies in the human body for health, well being and spiritual evolution. It also works as a therapy for the body and mind by balancing the ratio of five elements (panch tattvas) when done with hands. Along with Asanas, Mudras are employed along with Yogic Meditation to energize the Chakras and calm the mind.

\$500.00 + G.S.T per person

November 16 - 20 from 9:00 A.M. to 6 P.M.

A 50% non-refundable deposit is required by August 1 to confirm your space.

Become Yoga Alliance and Yogsadhna Certified



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