

The Flow of Naam

Mantra & Mudra in Motion



with
Siddhi Ellinghoven

In this workshop we will explore the two great mysteries of the Universe that lie in the POWER OF THE WORD and the HEALING ENERGY OF OUR HANDS.



Every area of your hand is associated with a reflex zone for a specific part of the body and brain. With mudras we can access our entire nervous system, engage certain areas of the brain and exercise a corresponding influence on them. Scientific research shows that we can effectively engage and influence our body and mind by bending, crossing, extending, or touching the fingers with other fingers. In these mudras intuition and inspiration form a close unity.

Some of the benefits of mudra yoga are:

- Relieve fatigue & increase energy
- Lower/prevent high blood pressure
- Strengthen your nervous system
- Strengthen the heart, prevent heart diseases
- Prevent constipation and to remove blockages in the body
- Release headaches and the grip of depression

Naam, the yoga of sound activates the 64 reflex points in our mouth which allows for a maximum impact on our neuro-endocrine system. Through vibrating the Naam we are able to override the programs in our minds. Through the repetition of Mantra and the regulation of our breath we take charge of the fundamental linkage between our body and mind.

We have been given these two amazing instruments, our hands and our voice, may we reclaim this knowledge and use it wisely.

Sunday • January 11 • 1:00-4:00 pm • \$38



SIDDHI has a confident and nurturing style. Her grounding presence combined with her sense of humor and a strong healing power creates a sense of calm and peace in her class. She is committed to each and every one of her students. Siddhi's class is a perfect balance of spiritual and physical workout, which allows the students to feel strengthened, rejuvenated and centered again. Siddhi holds a degree in Social Pedagogy, is a KRI certified senior Kundalini Yoga Teacher, studied Naam Yoga with Gurunam (Josef Michael Levy) and is certified in prenatal yoga by Gurmukh Kaur Khalsa. Siddhi enjoys her yoga as much as being in "Grand-mother-land", she has three adult children and one grandson.

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