

LIVE LECTURES

CERTIFICATE COURSE IN SHISHYA'S HASTA MUDRA THERAPY



COURSE OVERVIEW

What are Hasta Mudras...

Hasta Mudras are simple hand gestures and finger formations which keep us continually healthy and lead us towards happiness. They help to heal our physical, mental, emotional, psychological and behavioural issues very effectively. Mudra Therapy is quite powerful and works wonders for our body & mind just by a gentle touch of the tips of our fingers. Many people have experienced multi-fold benefits by practising this therapy. Moreover, it requires no equipment, just your own fingers and it can be practised anywhere, anytime, by anyone.

This course seeks to introduce Hasta Mudras as a form of holistic healing and de-mystify its wonders through the systematic study of its fundamentals and logic.

COURSE OBJECTIVE

- Introduction of basic concepts of Sankhya Philosophy, Pancha Tattvas , Ayurveda (Doshas)
- By observing Nature & understanding how Tattvas work, a deeper understanding will be gained on how to balance Tattvas & body constitution. This will result in maintenance of health (body & mind) before development of any disease.
- Will learn an Ayurvedic perspective, which can be included in their practice as Yoga or Alternative Therapists
- Will gain knowledge of Mudras to be used for various conditions & situations.

COURSE PRE-REQUISITE

- Willingness to learn, be attentive, ready to participate and gain first-hand experiences
- To have an inquisitive, curious mind
- To observe nature in every form
- No other prior knowledge required

COURSE OUTCOME

- About Pancha Tattvas & their relationship with mind & body
- Understand the basic principles of Panchakoshas
- Know the Pancha Mahabhautik concept of health & diseases
- Experience the positive effects of daily practice of the 6 basic mudras



COURSE DETAILS

- Course Duration – 30 Hours / 3 Month approx.
- Course Fee – Rs. 14000/- (Rs. *Fourteen* Thousand only)
- Eligibility – No academic pre-requisites
- Age Limit – Above 12 years
- Syllabus / Course Content



CURRICULUM

Unit 1: Introduction to Five Elements and their relation with fingers

Unit 2: Anatomy, Physiology, Correlation of Five Elements and General rules of Mudras

Unit 3: Benefits of Mudras

Unit 4: Introduction to some Therapeutic Mudras

Unit 5: Case Studies





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