MUDRA THERAPY COURSE

This is an Online course being planned for 4 weeks, classes run on weekdays only (Monday to Friday).

Each class is for 30 mins duration + 30 mins for practicals/ Q&A. Classes will be either in Zoom or Google Meet. Incase of Zoom, below Pre-Requisite must be met.

Pre-Requisite: Zoom app to be installed in the required device to join the classes online.

All the below listed topics will be covered in 4 weeks(20 Sessions). The order of below list is not fixed and the topics may change slightly. However, all the **Topics** will be covered.

- **Day 1** – Introduction
- **Day 2** – Classification
- **Day 3** – Types of Mudras
- **Day 4** – Five Elements Vs Five Fingers
- **Day 5** – Mudras – Know How
- **Day 6** – Hasta Mudras
- **Day 7** – Bandha Mudras

- **Day 8** – Mano Mudras
- **Day 9** – Kaaya Mudras
- **Day 10** – Pancha Bhoota Mudras
- **Day 11** – Pancha Praana Mudras
- **Day 12** – Vibhaaga Pranayama Mudras
- **Day 13** – Shat chakra Mudras
- **Day 14** – Vaastu, Puja & Gayatri Mudras
- **Day 15** – Aarogya Mudras
- **Day 16 to Day 20** – Chikitsa Mudras along with what, how, when and why

Payment Details: In order to confirm your Registration for the sessions, Fees must be paid **1 week prior** to the start date of sessions.

NOTE: Once the payment is done, please send a Whattsapp to 8978801247 with screenshot to confirm your Registration.

Google Pay to 8978801247 (Deepthi)

Or

Bank Account Details:

D.Deepthi

AXIS BANK, A/C: 008010100057886

IFSC: UTIB0000008

BEGUMPET, HYD-16