

# "Mudras" with Swami Nirmal

FRIDAY 13 JULY 2018

Moor Park Golf Club

Rickmansworth

WD3 1QL (use this for Sat Navs)

10am – 1.00pm Cost £36



"Mudras influence the flow of Prana, the Life Force, in the subtle energy body (Pranamaya Kosha) and therefore affect the physical body, the mind and the emotions. They can restore harmony in the whole system. They prevent loss of energy and promote higher states of consciousness.

In the workshop we will combine the practice of Mudras with the practice of Asanas, Pranayama and Meditation to experience how Mudras enhance these practices. The workshop will be aimed at practitioners with some experience of Yoga."

The morning will be held in the beautiful setting of Moor Park Golf Club off the Rickmansworth Road, **WD3 1QL** in the breath taking, Grade 1 listed Palladian building. This is only accessible by car and I will arrange a pick up from Ruislip Manor underground station for anyone requiring a lift. There are two entrances (1) coming via Mount Vernon Hospital, turn right into Batchworth Lane and then immediately left through the archway entrance, or (2) use the Rickmansworth Moor Lane entrance, but go past Ricky Golf Club on left. I will send out a map nearer the time.

*Sw. Nirmal has taught Yoga continuously since 1985. She has been trained as a teacher by Sw Pragyamurti and has spent a year in the Bihar School of Yoga practising under the direct guidance of her Guru, Sw. Satyananda Saraswati.*

*Over the years Sw. Nirmal has given many seminars and days of Yoga on subjects such as Chakras, Mudras, Meditation, Prana and Pranayama, Mantra and Yoga of Sound and runs Yoga Nidra courses.*

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## Mudras with Swami Nirmal

Friday 13<sup>th</sup> July 2018

Application Form – Cost £36

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands Ruislip, HA4 8QN BACs: 08-92-86 16087499

Telephone: 01895 675426 07876 207408 e-mail [Jackie@yogawithjackie.co.uk](mailto:Jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)

NB. If people have to withdraw I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.