



PSYCHOWELLNESS
CENTER



WORKSHOP
ON

NRITYAYOG, MUDRAS AND MINDFULNESS

Explore the fusion of dancing, yoga and mindfulness to
create a healthy mind and body!



Dr. (Prof.) R.K. Suri

Mentor, TalktoAngel
Founder, Psychowellness Center



Ms. Aayushi Agrawal

Founder at Nriyayog with Aayushi
Certified Yoga Trainer (Yoga Alliance USA)



Mrs. Gursahiba Kaur

Partner, GAAG Healthcare LLP



Ms. Nitika Arora

Co-ordinator, Counselling Psychologist

REGISTER FOR FREE!



26 JUNE 2021



SAT, 8AM (IST)

Platform: Zoom ; E-Certificates for all participants



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www.psychowellnesscenter.com
www.talktoangel.com