



Fall Wellness Series: Healthy Mind Body and Spirit



Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity – World Health Organization

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. As we come out of the pandemic that changed all our lives, let us work on re-building a positive mind-body-spirit connection to bring about a balance in our lives.

Join us for this six-week series on the holistic integration of physical, mental, and spiritual well-being. This series will focus on how we can fuel the body, engage the mind, and nurture the spirit through the medium of music and dance, literature, and guided meditation and mindfulness.

Each workshop is led by fabulous specialists who will help you re-focus and re-vitalize yourself!

Thursday, September 16th

10:30 AM- 11:45 AM

Finding Happiness through Breathwork and Guided Meditation

with Janhavi Wadhvani

We have had to face new levels of anxiety caused due to loneliness, loss, and disruption in regular social activities during the last year. Through breathwork and guided meditation, participants are able to move through fear, anxiety, grief and other such emotions to a place of feeling more joy, inner peace and well-being. During the workshop, we will do some discussion-based processes, mindful movements, breathwork and guided meditation that will have participants feel energized and rejuvenated. The workshop will be highly engaging and interactive.