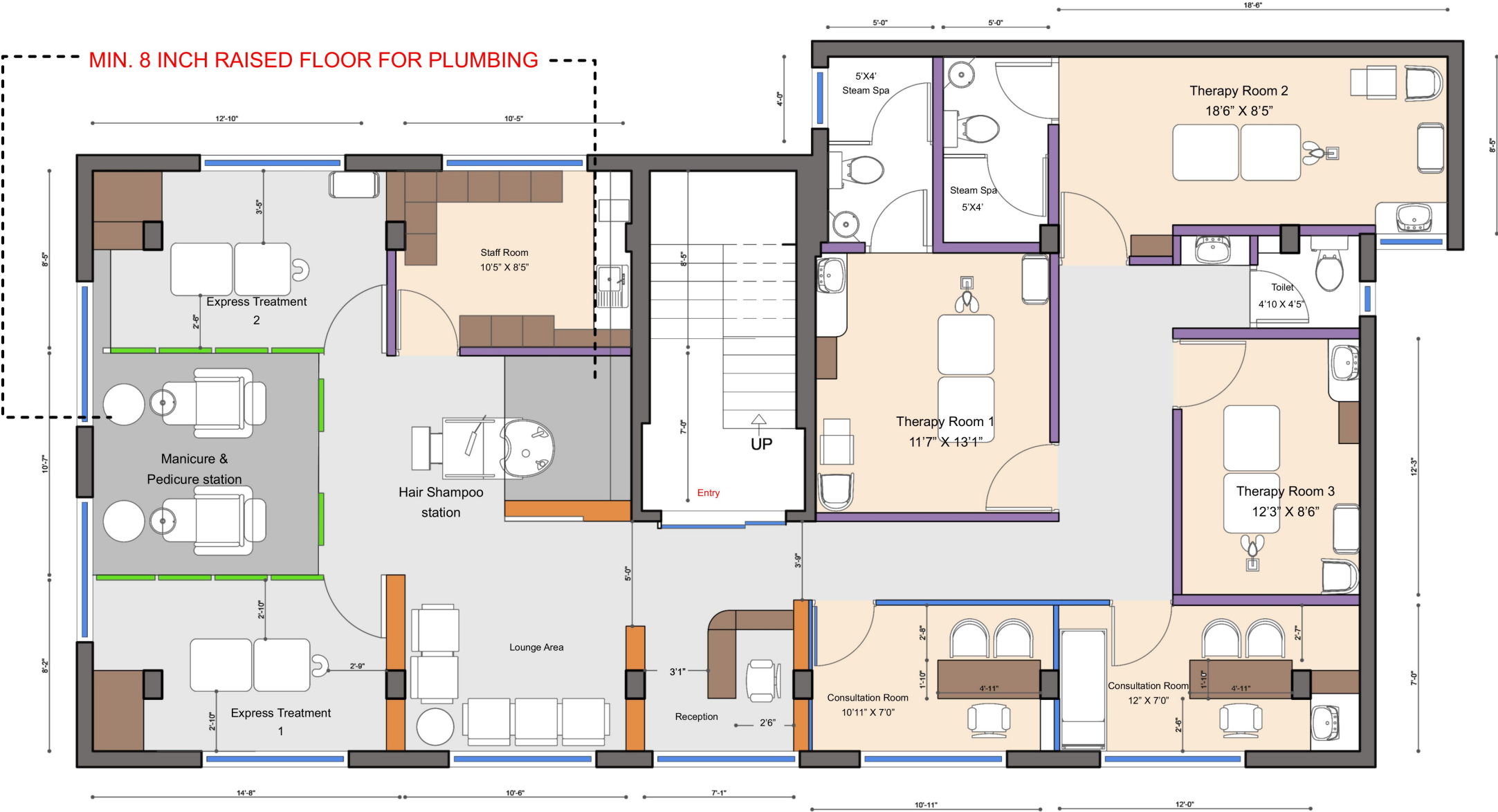


OPTION 5



- Product display
- Storage
- Glass Partition
- Solid 7 feet height partition
- Full height partition





Sishi
TATVA
Shuddha ka naam

SYOGI Baha

SriSri
WELLBEING
holistic health
SPA









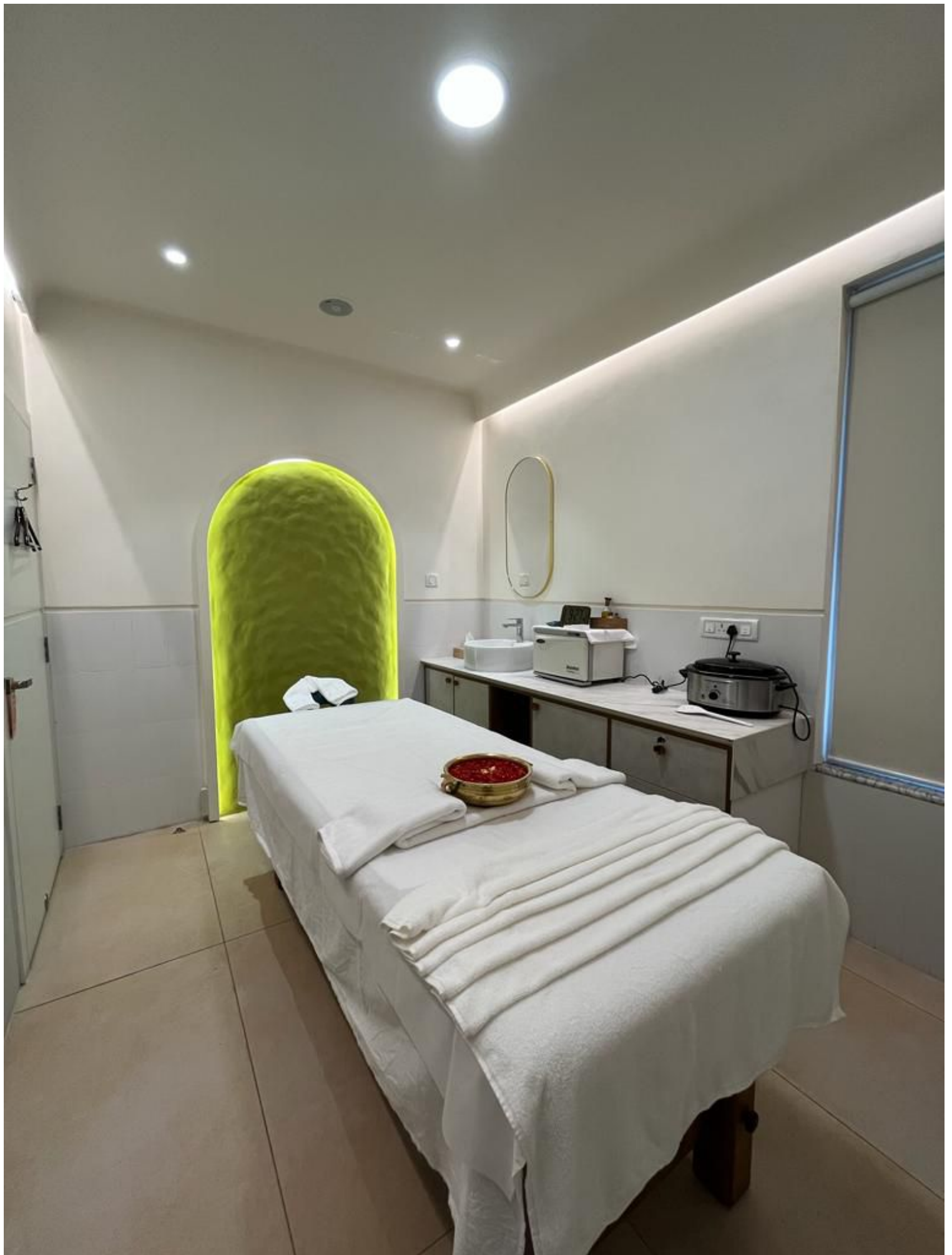


















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Digestion: Apana Mudra



Energy: Prana Mudra

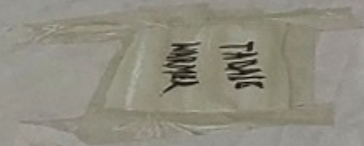


Sleep: Vayu Mudra

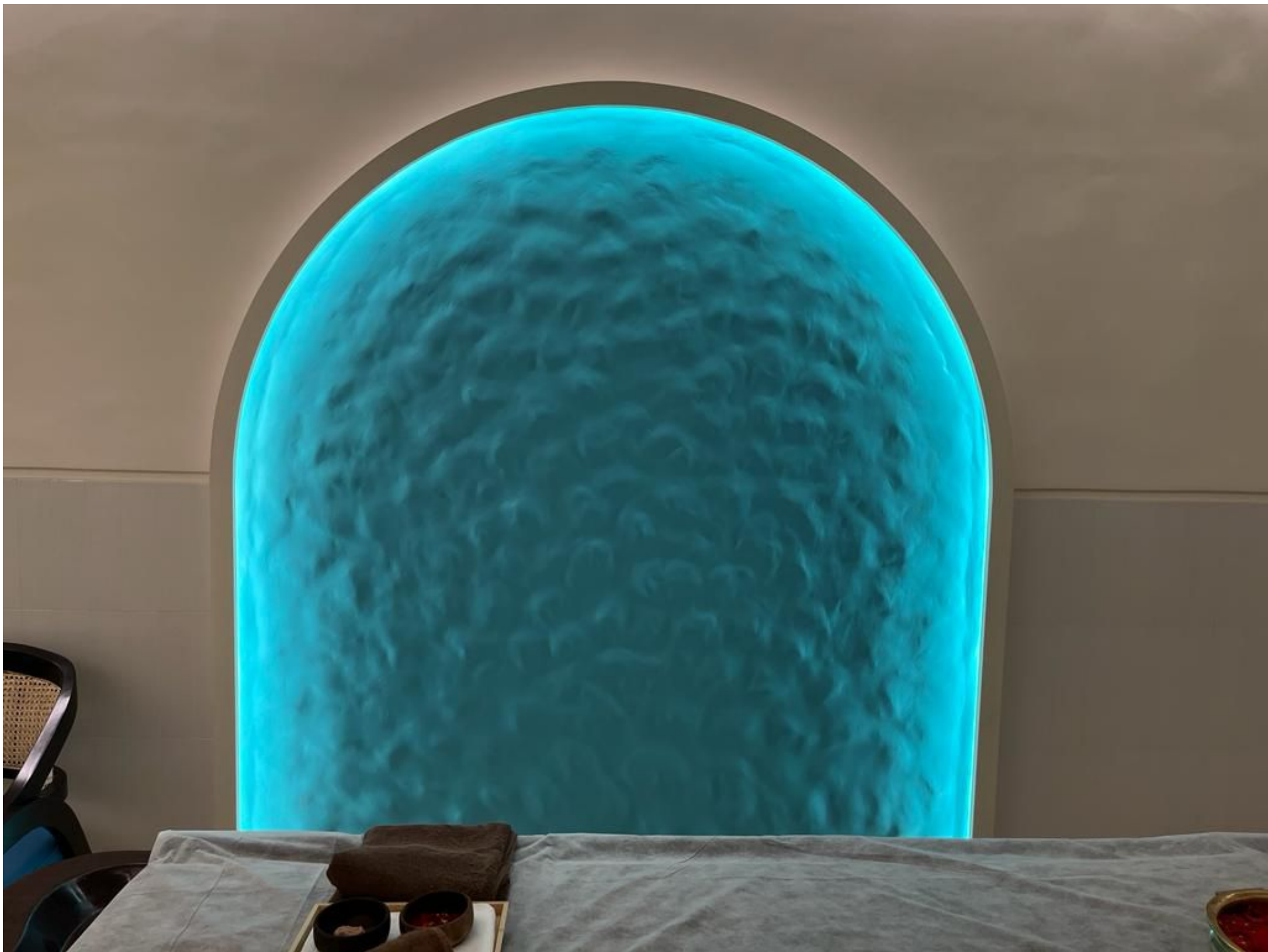
MUDRAS FOR SELF CARE

MUDRA

Mudras help link the relevant systems within the body, promote healing, soothe pain, enhance functioning of the organs, balance hormones, increase circulation and improve one's overall wellbeing. They are used extensively in Yoga, Meditation and Dance tool



















SHIRODHARA

Shirodhara is a classical practice in Ayurveda that involves the slow and steady pouring of medicated oils, milk, buttermilk or water on the forehead.

It helps relieve mental exhaustion, provides rest to the mind and body and nurtures a healthier nervous system.





Sri Sri
TATTVA
shuddhta ka naam

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showkara shiksha

Sri Sri
TATTVA





Sri Sri

WELLBEING
holistic health

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