



CHRIST
(DEEMED TO BE UNIVERSITY)
NODAL OFFICE, TRIVANDRUM

WEBINAR SERIES ON

Mindfulness and Holistic Wellness-Session III

"BREATHING TECHNIQUES"

Who should attend?

Anyone interested in integrating mindfulness and enhance their well-being can attend the webinar

- individuals, students, faculty, executives, professionals.

REQUIREMENTS

- Wear loose fitting Clothes
- Do not eat anything at least half an hour before the Session.

Dr Anuradha Sathiyaseelan

Professor
Department of Psychology
CHRIST (Deemed to be University)

ORGANISED BY

Nodal Office

CHRIST (DEEMED TO BE UNIVERSITY)

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AUG 06, 2020

7.00PM-8.00PM IST



FOR REGISTRATION
CLICK ON THE LINK BELOW

<https://forms.gle/zp7n4WCDWbDsZ6Mm8>