

# THE HUMMING MEDITATION NADABRAHMA

with Leela Sylvia Isani

March 6th 5-6pm



Through humming and hand movements conflicting parts of you start falling in tune, and you bring harmony to your whole being. Then, with body and mind totally together, you “slip out of their hold” and become a witness to both. This watching from the outside is what brings peace, silence and bliss.

Leela Isani is a certified Holistic Healer, ReikiMaster, a Human Potential Trainer and Spiritual coach. She is trained in Stress Management, Lifestyle Coaching, psycho-spiritual Care for the Dying, Energy Work, Trauma Healing and Qi Gong for Life. Her strength is to touch people’s heart deeply, read their individual potential and to open them up to a joyous, meaningful and healthy way of living.

[www.self-company.com](http://www.self-company.com)

[www.leela-sylvia-isani.com](http://www.leela-sylvia-isani.com)

Drop in // 1200 Rs. per person

Kindly confirm your presence: 0777 603 503

Prana Lounge 60 Horton Place Colombo 7