

ISHA UPANISHAD

Nine-Day Online Course

19th -27th August 2020

by

Saundaryaambika

(Dr. Shruti Nada Poddar)



The ISHA Upanishad, also known as the “Father of the Bhagawadgita”, is a treasure house of insights into Powerful Living. It provides Tools for Self-Understanding, Life-management, Leadership, Interpersonal Relationships, Attitudinal Transformations, Behavioral and Psychological Management while also helping us discover our own Spirituality in everyday living.

About Saundaryaambika

Saundaryaambika (Dr. Shruti Nada Poddar) is a Mentor, Teacher of Indian Wisdom, a Spiritual Musician Vibrational Healer, a Poet and an Educationist.

She is the pioneer of the NADA VIBRONICS – A Yogic Vibrational Healing Eco System - For decades, she has been healing with Nada Yoga, Chakra and Beeja Mantras and teaching scientific applications in resolving human mind-body problems and diseases with Nada (Sonic, Musical, Mantra Sciences as well as Yogic, Shakti Vibrational Practices). Individuals and Institutions Worldwide use her Talks on Empowerment and her Meditational Music for Peace, Stress-Relief and Cure of Disease.

She teaches Gems from Spiritual Wisdom and Scientific Applications of the Vedas, Upanishads, Bhagawadgita, Shakti Traditions as well as Vibrational Practices of Yoga, Mantras & Yantras for Self-Empowerment, Leadership and Life Choices.

As an Innovative Educationist, Dr. Poddar has taught and influenced 15000 teachers in Integral Education.

She founded the Shruti Foundation in 2007, a research and charitable foundation dedicated to empowerment of women and youth, global cultural collaboration, education, wellness and healthcare, value-based leadership, practice and promotion of indigenous knowledge systems.

Course Fee: 5000 INR | 70 USD

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