



"The Sole Timeless Word That Carries Eternity in its Lonely Sound."

Nāda Vibronics

Shruti's Vibrational Healing Series



Essence of Nāda Vibronics

- *Simple and Practical Methods for Self-Healing*
- *Recognising Our Inner and Outer Energetics and Vibrational flux*
- *Simple Techniques of Thought and Brain Wave Transmutation*
- *Understanding Chakras and their Alignment with Human Body*
- *Effect of Mantra on the Brain and the Body.*
- *Healing With SEED sounds*
- *Mudra Pressure Healing*
- *Nada And Visualization Therapies*
- *Harmonization of Attitudes at Home and Work*
- *Cure of Disease, Holistic Well-Being and Personal Empowerment*

NADA VIBRONICS LEVEL I

Date: Friday, 8th August 2014

Time: 9:30 am – 6:30 pm

Venue: Mahogany Hall

India Habitat Centre

Lodhi Road, New Delhi

NADA VIBRONICS LEVEL II

Date: Saturday 9th August 2014

Time: 9:30 am - 6:30 pm

Venue: Mahogany Hall

India Habitat Centre

Lodhi Road, New Delhi

NADA VIBRONICS LEVEL III

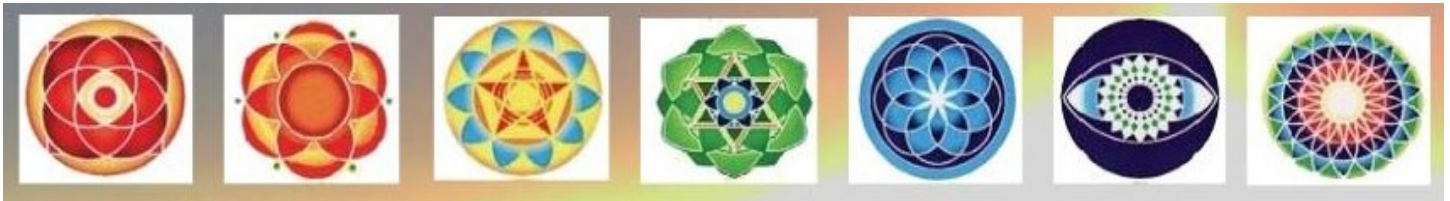
Date: 23rd-24th August 2014

Time: 9:30 am – 6:30 pm

Venue: Mahogany Hall,

India Habitat Centre

Lodhi Road, New Delhi



Level I



Nada Vibronics Level I is a journey of discovering one's personal vibrations through the Science of Nada. We recognise our Body Processes with Sound and other Vibrational tools and activate our energy centers for personal healing and self-empowerment.

ELEMENTS

Nada Beam Movement

Stress release
Increase in Concentration and Will power
Directed cure of disease

Raga Visualization

Effect psychosomatic and
visuo-physiological changes

Effect of Vedic Chants

Altering brainwave states
Self cure through Japa trance

Beeja Mantra and Chakras

An introduction to the curative science of
seed sounds through our energy centers

Nada Cleansing

Directing *Prana* with breath for cleansing
and harmonising

NADA as The Microbe Of Cure

The healing microcosm within

Abstract Sound

The deepest power of mind

Level II

Nada Vibronics Level II explores planes and parts of the human anatomy with the body's esoteric energies through an experiential understanding of Chakras & other energy systems. We learn to recognise our predominant Chakras and correct energy misalignments within us.

ELEMENTS

Nadis, Chakras & Anatomy

Mapping the esoteric nervous system and energy centres to Human Vertebrae, as well as the Nervous and Endocrine Systems

Beeja Mantras (seed sounds)

Correcting body frequencies with the 'Beeja Mantra'

Mudra Healing

Esoteric energy points on hands for activating energies

Nyاسas

Nada And Visualisation Therapy

The Nada Journey

Psychic travel – a journey beyond body consciousness



Level III



Nada Vibronics Level III is a two-day intensive that will deepen the ability of our self-therapeutic and manifestive power through the science of the Sri Yantra and the MERU and their holographic connection with the human body.

This level of Nada Vibronics is very intense and will be offered to aspirants who have completed Level I & II.

ELEMENTS

Sacred Geometry of Sri Yantra & the Meru

The Art and Sacred Science of the Shakti force

Meru and Human Planes

Mapping universal energies at the human level and learn the art of self and universal empowerment

Shakti Beejas Mantras

Learning powerful Shakti seed sounds aligned to the human body

“ĪM” Vidya

The powerful manifestive forces

Meru Visualisation Therapies – Shakti forces and Inner cosmic journeys



About Shruti

Shruti Poddar is a Teacher of Indian Wisdom, an internationally recognized Nada (sound) healer, musician and educationist, and facilitates training and healing and as a Mentor, Healer, Wellness consultant, Life Coach and Faculty Trainer. She has been exploring the potential of Indian Sonic and Vibrational Sciences and their scientific applications in the wellness of mind and body.



*Shruti pioneered **NADA VIBRONICS**, the vibration-healing ecosystem for wellness and cure of autoimmune health conditions. Her healing audios are used by individuals, medical, educational and research institutions worldwide. She has been conducting clinical studies on the effects of Beeja Mantra on children with asthma and other lung disorders in collaborations with scientific research institutions. She was awarded for her work in with healing music and international cultural relations by the Govt. of India and diaspora institutions since 2002. She has recently been appointed as chairperson of the National Ruling Party's Committee on **Indian Systems of Wellness and Medicine (ISOWAM)**- (Micro and Small Industry Cell)*

*Shruti Poddar founded the **SHRUTI FOUNDATION** (since 2006), for promoting wellness, value based leadership, education, skills training for youth and women's empowerment. She is convenes the foundation's WE-ASC "Education Culture" Congresses for global advocacy of human values, holistic education, pedagogy and local learning paradigms. The foundation's **INSTITUTE FOR LIVING VALUES (I-LIV)**, evolves Value based learning systems and curriculum for educational and management institutions, skills training for local communities and leadership training for corporates, institutions and international organisations. She draws her inspirations from Indian knowledge systems and gives public talks on the Bhagavad-Gita, Upanishads, Vedic, Shakta and other Mantric knowledge systems with a contemporary, spiritual, scientific and psychological approach in understanding the human mind and its applications in self-management and leadership.*

*Ms. Poddar has been facilitating international cultural events, cross-cultural exchange and global student exchange programs between UK and India. She founded **THE NADA CHOIR in Belfast**, a multicultural Choir, for promoting Inter-cultural harmony through world music. She has been a fellow Anthropologist at Queens University, Belfast and is Patron of the Inter-faith Forum in Northern Ireland.*

*Shruti Poddar is deeply involved with revival of villages in the spectacular Shekhawati region of Rajasthan, with a view to encourage preservation of cultural heritage and knowledge systems as well as provide leadership and skills training for local youth and women through the foundation's "**RAMGARH VILLAGE REVIVAL INITIATIVE**". She is also the ASSOCHAM Ladies League Chairperson (Shekhawati Chapter). Shruti founded "**SALUTING HER ENDEAVOUR (SHE) WORLDWIDE**", a humanitarian effort by women of South Asian subcontinent and Diaspora.*

www.shrutinada.com, www.shrutifoundation.org, www.we-asc.org, www.she-worldwide.org

Press Comments

- The inner journey, without mortal crutches, helped lift a veil to glimpse the final truth
- *The Telegraph, Calcutta*
- With stress and tensions of the high tech age gripping our lives, Nada Empowerment is perhaps the alternative technique of the future
- *India Weekly, U.K.*
- Shruti's AUM is a different experience altogether. This cassette has the feel of being a remedy for the tensions of modern age
- *Life Positive*
- Nada Empowerment, which emerged from the Vedas and withstood the test of time, is the alternative healing technique of the future
- *Education Times, New Delhi*
- Sound ... has been rediscovered as a healing agent through the technique of Nada Empowerment!
- *The Asian Age, New Delhi*
- The technique of Nada ... rediscovered by Shruti, can be utilized to correct imbalances within oneself
- *Times of India*
- A heavenly experience ... brilliant presentation.

NADA VIBRONICS LEVEL I

Date: Friday, 8th August 2014
Time: 9:30 am – 6:30 pm
Venue: Mahogany Hall
India Habitat Centre
Lodhi Road, New Delhi
Workshop Fee: Rs 4,800

NADA VIBRONICS LEVEL II

Date: Saturday, 9th August 2014
Time: 9:30 am – 6:30 pm
Venue: Mahogany Hall
India Habitat Centre
Lodhi Road, New Delhi
Workshop Fee: Rs 6,500

NADA VIBRONICS LEVEL III

Date: 30th-31st August, 2014 (Sat-Sun)
Time: 9:30 am – 6:30 pm
Venue: Mahogany Hall,
India Habitat Centre
Lodhi Road, New Delhi

For information, registration & private consultancy, contact:
Email: info.shrutifoundation@gmail.com
nadavibronics@gmail.com

Tel: Aanchal (Delhi): +91 99100 45348,
Tarika (Gurgaon) +91 9971664116

Correspondence Address: 102/45 Silver Oaks, DLF City 1, Gurgaon 122002
Tel: +91 124 4051107, +91 98100 78925

Websites: www.shrutinada.com
www.shrutifoundation.org