

## Women's Federation for World Peace

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On the 17<sup>th</sup> of October a Healing session took place using Pranayam and Mudra techniques. Mrs. Kapila Patel, a Reiki master, gave an excellent explanation about these techniques. Mrs. Patel said, "in order to get faster relief and break the various cycle of diseases, it is advisable to empower the immune defence system." Through the Pranayam technique, a controlled breathing system of inhale, retain, exhale and refrain, helps to improve our defences.

The Mudra technique helps to control the five basic elements of the body (air, water, space, earth and fire) represented by the five fingers of the hand. Meanwhile practicing the gestures with both hands simultaneously, Mrs. Patel explained the benefit of each gesture. Through gesture combinations of the fingers can also be cure many diseases.

After the controlled breathing system and demonstration of Mudra technique, the attendees were very inspired and they said, that they would practise at home during their spare time, which would make a difference in keeping their body healthy.

The session was one and half hours long, very interactive with many questions and answers given by Mrs. Patel. After the session we all shared food and drinks together.



*Mrs. Kapila Patel holding flowers*