

WELLNESS IN MOTION

QI GONG & SOUND MEDITATION

MOVE • BREATHE • RECONNECT

Experience the gentle power of Qi Gong to awaken the body, enhance energy flow and cultivate inner balance, followed by a deeply relaxing Sound Meditation to calm the mind and restore harmony.



Qi Gong Workshop

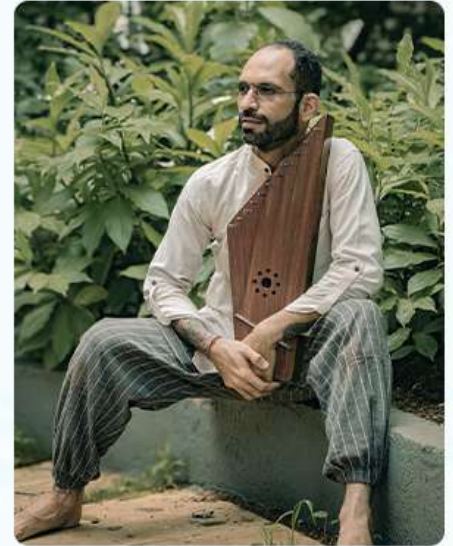
With Ms. Nikita Nagarkar

Founder – The Somatic Body

Sound Meditation

With Mr. Hormazd Siganporia

Wellness Specialist - Sonique Soul



Tuesday, 6th October 2026 | 3:30 PM onwards

Walchand Hirachand Hall, 4th Floor, IMC Building, Churchgate, Mumbai – 400020

**A JOURNEY FROM MOVEMENT TO STILLNESS.
COME, BREATHE, MOVE AND FIND YOUR INNER BALANCE.**

Organized by Health & Wellness Committee

Anita Chouhan
President

Radhika Kaji
Vice President

Dr. Devangi Vakharia
Chairperson

Anushree Doshi
Co-Chairperson

Advisors : Neeta Patel and Nishreen Khorakiwala

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Dr. Iravati Purandare and Roopal Thakkar**