

Your handwriting speaks louder than your words

Dig right into your childhood. Do you remember, when you were in Kindergarten, your teacher gave you a red and blue four lined page to practice Alphabets (A, B, C...) in a particular way? Every student was made to practice the alphabets in a similar manner. In spite of practicing the alphabets in similar manner, over a period of time, everyone has developed a unique style of writing. This is where "Graphology" or "Handwriting Analysis" comes into picture.

There is a reason behind the uniqueness of our writings. We all have been brought up differently, with different sets of cultures, values, manners and we have our individual perceptions, life experiences, memories. When these factors combine together, it is called our "Subconscious Programming" which is represented in our handwriting. Handwriting is usually referred to as "Brain Writing". Our fingers are tools to express what is happening in our subconscious mind.

Many interesting aspects can be unveiled through Handwriting Analysis. It is useful to understand one-self better. It helps to know our Strengths, Improvement Areas, Opportunities; Threats (SWOT Analysis). It is extremely beneficial for Financial Development and Growth. Many health issues like Cancer, Kidney Problems, Diabetes, Heart Problems, Dementia, Weight Issues, Pains/Aches, Teeth Issues, etc. can be detected through our handwriting.

It is beneficial for Child Development. It helps students to excel academically, to identify and build their innate talents and skills, to develop extracurricular activities as per their individual potential. This helps children to enjoy study and develop their overall personality positively according to their capacity. This reduces anxiety, stress, and pressure in children. Many issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Narcissistic Personality Disorder (NPD) can be detected and treated with Handwriting Analysis.

Graphology helps organizations to recruit right employees as per the job description. The biggest advantage is that many intangible traits like Dishonesty, Integrity, Punctuality, Reliability, Discipline Procrastination, etc. can be easily detected through handwriting in seconds.

It helps in Employee Engagement, Career Planning, Team Building, Competency Mapping in organizations.

It is helpful to select appropriate Business Partner/Business Collaborations. It plays a vital role in Matrimonial aspects. Spouse compatibility can be done efficiently.

Interesting fact about Graphology is that, once the analysis of an individual has been done, there is an easy and effective way to improve or make positive changes in an individual through one's handwriting. In other words, personality of an individual can be moulded for positive and desired results. This is termed as "Graphotherapy". After an in depth handwriting analysis session, a tailor made therapy is suggested where individuals are expected to practice certain alphabets in a certain way. With uninterrupted practice, positive results can be experienced.

A combination of Handwriting Analysis & Signature analysis yields best results. Drawing Analysis is also an effective way to understand a person's subconscious mind. It is useful for children, as they usually enjoy & prefer drawing over writing an essay.

Thus, Graphology is an effective medium to understand Human Personality.

For more information on Graphology Appointments/ Workshops contact Graphologist Mithila M Nate.
(mithilamnate@gmail.com or +91 8452871221)
Website: www.mithilamnate.com



Antigravity Fitness Antigravity Yoga

"If you suspend your disbelief, I guarantee that I can make you happier, healthier, and taller in just one session."

Frequently Asked Questions?

Q1: I have never done yoga or any form of exercise before. I am an athlete, runner, go to gym.... Can I do AntiGravity? Will this benefit?

Ans: When it comes to your fitness level, there are no restrictions for AntiGravity Yoga. Even if you've never taken a yoga class in your life, you'll be amazed at how the hammock helps to do all the transitions with so much ease.... Swinging back and forth, flipping upside down and pushing your body in a whole new way, it's a great cross training technique for both sport and the movement arts. Guaranteed to make an athlete faster and a dancer more versatile. Different bodies, different fitness levels' everyone gets something different from it – AntiGravity.

Q2: Look at my weight!! Will the hammock hold my weight ?

Ans: The first principle is trust. "There is nothing to fear but fear itself". Each point of the hammock is rated for well over 1000 pounds or 453.5 kg. "Relax, breathe, suspend your disbelief".

Q3: Quite often asked is about back pains, weak back. Most lower back issues?

Ans: Increases muscular flexibility, muscular tension release through self massage techniques. Apart from being a major stress-buster due to its high fun quotient, there are some serious health benefits associated with AntiGravity Yoga. "Anyone that has back issues should be doing this class for postural correction.

"December" festivities at its peak parties, celebrations and resolutions at its galore... before you slip into the new year and goals, resolutions for health lay a back seat. Come and join me Welcome 2019 being FITFAB!!! ... Health make it your wealth!! - Shreeparani.

For more information contact Shreeparani (Wellness Rediscovery Coach) 9820055466. She conducts Antigravity Fitness & Yoga every Monday & Wednesday 7 pm to 8 pm, Tuesday & Thursday 9.30 am to 10.30 am at Nitro Bespoke Fitness, Skybay Hubtown, Breach Candy.

