



A **PERSONAL DEVELOPMENT** WORKSHOP

# WE HELP YOU TO **ACHIEVE YOUR WELLBEING**

Help individuals get fit, get well & get inspired to experience highest bliss of life.

## OUR EXPERTISE



### PERSONAL DEVELOPMENT

Personality development, positive attitude, concentration & gaining unshakable confidence.



### STRESS MANAGEMENT

Managing Stress, Test anxiety, fears, phobias, PTSD and being a Successful Human.



### MOTIVATION

Sustaining efforts towards accomplishments & keeping high energy level throughout life.



### CONSCIOUSNESS

Creative Consciousness trainings bring consciousness development and personal transformation.

## ABOUT US

We promote the cause of intelligent art of living; a healthy, peaceful, spiritual value based life of lofty ideals and moral values manifesting the inner divinity and spiritual energies of humankind.

**Holistic Wellness Programme** is a combination of easy to learn and effective healing & meditation methods that anyone can use for personality development, promoting relaxation and stress reduction - Physical, mental and emotional healing.

The purpose of program is to develop individual's total potential to the maximum – their creativity, intelligence and happiness. Through this program, individuals enliven the most creative, powerful and blissful level of their own awareness, pure consciousness.

The result: greater intelligence, greater creativity, greater learning ability, less stress, better health, better relationships – and a better world.

## ABOUT PROGRAMME

### PHASE -1

- ✓ **Cosmic Energy Tapping**  
Cosmic life force energy that helps development, self healing and healing others.
- ✓ **Emotional Freedom Technique(EFT)**  
EFT is an easy and powerful technique to release negative emotions relieving imbalances in our energy systems.

**Length of Session - 3 Hrs.**

### PHASE -2

- ✓ **Mindful Meditations**  
Aware in present moment reduces thought stream and prevents stress, anxiety & relapses of depression.
- ✓ **Yoganidra**  
YogaNidra brings an incredible calmness, quietness and clarity. Leading awareness to supreme stillness and insight.

**Length of Session - 3 Hrs.**