

GOOD BYE TO

- LEARNING ISSUES
- PRESSURE OF ACADEMIC DEMANDS
- FEAR OF THE UNKNOWN/NIGHTMARES
- TEST/INTERVIEW ANXIETY
- LIMITED BELIEFS (I'M NOT SMART ENOUGH)
- ANGER/FRUSTRATION
- LOW SELF CONFIDENCE
- POOR MEMORY AND LACK OF CONCENTRATION
- THE LOSS OF A FRIEND/RELATIVE/PET
- COPING WITH DISABILITY
- SURVIVING PHYSICAL/MENTAL/SEXUAL ABUSE
- TRAUMAS
- VARIOUS FEARS AND PHOBIAS

STUDENT DEVELOPMENT WORKSHOP

A programme for the development and flowering of the students to form an integrated total personality.



COSMIC ENERGY TAPPING

COSMIC LIFE FORCE ENERGY THAT HELPS DEVELOPMENT, SELF HEALING AND HEALING OTHERS.



EMOTIONAL FREEDOM TECHNIQUE (EFT)

AN EASY AND POWERFUL TECHNIQUE TO RELEASE NEGATIVE EMOTIONS RELIEVING IMBALANCES IN OUR ENERGY SYSTEMS.



YOGANIDRA

YOGANIDRA BRINGS AN INCREDIBLE CALMNESS, QUIETNESS & CLARITY. LEADING AWARENESS TO SUPREME STILLNESS AND INSIGHT.



MINDFUL MEDITATIONS

AWARE IN PRESENT MOMENT REDUCES THOUGHT STREAM AND PREVENTS STRESS, ANXIETY & RELAPSES OF DEPRESSION.



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 children'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 relationship & better world.