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
REPROGRAMME YOUR SUBCONSCIOUS MIND THROUGH YOGANIDRA AND BRING AN INCREDIBLE CALMNESS, QUIETNESS & CLARITY.

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 & blissful level of their own awareness, pure consciousness. RESULT: greater intelligence, more creativity, greater learning ability, less stress, better health, better relationship & better world.