

"SPIRITUAL WELLNESS"

By Yoga, Meditation & Applied Behavioural Science Programme

Objectives:

1. Improve your Health. Reduce Weight , Get a Glowing complexion, Look fresh, pleasant & inspired.
2. De-Stress through the Pranayama Techniques and Yogic Asanas and experience a calm & peaceful mind with reduced stress & increase your energy levels for a Happy Day. Succeed in your job.
3. Improve your Self Awareness by taking a deep dive into yourself through applied behavioural science interventions. Get total control over your emotion, learn to conquer Anger and Anxiety.
4. Improve your power of concentration and quality of attention so that you can achieve more, in less time.
5. Be Relaxed and tranquil and live with an abundance mentality. Sleep well and get up refreshed.

SRIIOM Yoga & Meditation Programme not only improves your agility, strength and health but also deepens your self-awareness, and centeredness with a holistic approach to yoga.

This is a unique and original programme culled out of ancient wisdom of the Vedas fused with scientific applied behavioural sciences.

CONTENT:

1. Yoga Asanas and Kriyas for better health, weight reduction , reduction of blood pressure, control of diabetes.
2. Pranayama(Breath Exercises) to reduce Stress & learn relaxation methods which can be done throughout the day.
3. Meditation for improving the power of the mind and increasing one's concentration.
4. Learn to control your Emotions ,Anger ad reduce frustration, tension, anxiety with simple methods.
5. Learn Spiritual lessons to live life with a purpose.
6. Learn Applied Behavioural Science interventions to improve your self awareness.
7. Receive Mentoring from us to solve life issues at an extra cost.

Starting Date : 19th August, 2019.

Course Fee : Rs.2000/ - per day for 6 days = 12,000/- per person for all of 6 days.

Timing : 6:30pm to 8:30pm.

Days : Monday to Saturday.

Place : SRIIOM Training Institute.

Address:C - 4113, Oberoi Gardens Estate, Chandivali Farm Road, (Next to Chandivali Studios)
Powai , Mumbai- 400072.