

Experiential workshop on Developing Personal Excellence

(Based on Cellular Awakening course offered by
Maharshi Arvind Foundation, India as part of Self Life Education)

Workshop Brief

Human mind is the most wonderful creation of nature. The destiny of our life depends on what efforts we make to develop our mind beyond average. Those who make honest efforts achieve the impossible and shine in history as diamonds. An unattended mind is a weak mind that is unable to sustain the pressures of day to day life and eventually succumbs to those.

This unique experiential workshop is designed to prepare you to strengthen the faculties of your mind to help enhance your personal excellence and prepare you to effectively deal with the challenges of day to day life. This workshop brings together set of ancient techniques for physical and mental cleansing using the cosmic power of sound energy so that you get more from your body.

Features

- ▶ Special breathing technique based on cosmic power of sound.
- ▶ Technique for the purification & balancing of five elements that human body is made up of.
- ▶ Amazing art of body awakening.
- ▶ Awakening of energy centers.
- ▶ Gateway to the inner world of peace, happiness and love.



Benefits

- ▶ Removal of subtle toxins for stress conditioning for physical and mental fitness & stability.
- ▶ Increased natural energy levels to improve your productivity.
- ▶ Improved awareness, memory and ability to respond quickly to a situation.
- ▶ Anti depressant that quickly restores mental composure and harmony.
- ▶ Increased Oxygen levels for regulated pH level of body.
- ▶ Controlled ageing process.



Date:

Venue:

For registration & further details please contact: +9198805 91977 / +91 9742 887248,

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