



Mind Management for Wellness and Productivity (experiential workshop based on Vedic Sciences)

State of development of a nation is defined by the quality of its people; their intelligence and intellectual capacity. Quality of thinking forms the foundation of personality. A research done in Carnegie Mellon University states that personality plays larger role than technology in the success. Thought is the unit of personality.

The brilliance in thoughts is possible only when body, mind and intellect are free from toxicities. This experiential program is designed for improving the productivity by enhancing mental and physical well being of the participant through special technique called *Bhutshuddhikriya*.

Eligibility	Age 18 years or above
Duration	6 hours (Online - 1.5 hrs X 4 days & Offline – 6 hrs * 1 day)
Language	English, Hindi, Gujarati
Enrolment	Online admission & payment
Study Material	E Book format
Fees	Online – INR 1,000/- per person (minimum batch size 10) Offline - INR 2,500/- per person (minimum batch size 10)
Learning Content (* = Practical)	Life and its purpose Personality – Inner and Outer Mind and matter Science of five elements and their effect on health Influence of breathing on mind* Special rhythmic breathing with sound vibrations* Purification process of 5 elements*
Contact	+91 9833985757 , +91 9825064093
Registration	https://forms.gle/kwWtLV3TPnTpoAsL6

Benefits from regular practice

Improve Oxygen intake, Boost Immunity, Activation of neuroendocrinal glands, Improve ability to deal with stress, Enhance life vitality, Attention management, Positive behavioural changes