



INSIGHT

INTEGRATED WELLNESS

24th June, 2016 | Taj Lands End, Mumbai

*Mindfulness is a “small hinge that swings a large door.”
Mindfulness decreases stress, cultivates inner calm expands
Wisdom and enhances creativity*

PERSONAL EVOLUTION SERIES I

EXPERIENCE OF THE SELF

- Considering the amount of stress in life today it is a personal and professional challenge to transform our mind brain from chaos to health.
- We see a lot of stress related disorders on an alarming rise.
- Exploration of inner space and accessing restful awareness is the most important thing that anyone can do to enhance health and wellbeing
- 3% of our processing power is the conscious mind. 97% is the autonomous automatic.
- We don't think about how we digest food how our heart beats.....and our habits are also automatic. All this lies in the subconscious.
- The power of the subconscious is a million times than the conscious mind.

BENEFITS

- Lowered stress
- Improved physical, emotional and spiritual health
- Increased self esteem and confidence
- Improved relationships
- Regular meditation will help you HEAR the inner guidance
- Practicing visualizations regularly will speed up process of receiving your good

PROGRAMME HIGHLIGHTS

- Scientific understanding of meditation and goal setting.
- Exploration of inner space.
- Learning to access the subconscious mind.
- Belief work.

TARGET AUDIENCE

- For all those who choose to learn the art of de stressing and accessing restful awareness to bring a change in themselves and the environment thereby bringing a shift in the collective consciousness of the team.
- The workshop will empower the participants by opening the road to self discovery to maximise their potential and manifest the life they desire.

ABOUT THE FACILITATOR

- Dr. Makhija is a qualified doctor and fellow of the 'The Other song' International Academy for Advanced Homeopathy, is an expert facilitator and Mentors and wellness coach qualified from the THInK Institute U.S. A.
- Her workshops inspire people to achieve their potential in heart, mind and spirit.

All workshops can be customised according to the needs of the organisation.

LOCATION:

INSIGHT Wellness, 3rd Floor, K. L. Accolades, 10th Golibar Road, Near Santacruz Station, Santacruz (E), Mumbai - 400 055
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