

## **MEDITATION**

MEDITATION is a state to be in.

A regular meditation as short as 30-60 mins a day can do wonders to you, and your life. It can be integrate with our busy schedule or be a separate focused session.

This program is beneficial to all sorts of people for all sorts of requirements, ex – if you need to improve focus on study/work or goals or whatever you're doing in life, whether you feel depressed or alone or trying to find the purpose of life, and even if you just need peace of mind and intuitive guidance; this program applies to student/professional/business people and to men/women equally.

We all know what kind of benefit is brought by exercising and meditation to the overall quality of life, we've seen immense power through various examples in history & stories of India. But findings show that people in the role of professionals / business / executives reveal that only a few practice meditation and most of those who practice want to do it better. Some of the important benefits are – better control on our self, improved concentration & focus, positive approach towards life, control on negative thoughts & habits, feel better & energetic throughout the day, manage stress levels, self-confident, and continuously rejuvenate body and mind leading to successful happy life.

Often people think meditation leads to sedentary life style, make one more spiritual and hence deprive them of social and other enjoyments of life. So some either really hesitate to start or their family don't encourage them for meditation. Plus it seems so easy and yet so complex to start off without a guidance. But actually, its more enjoyable. You get to know yourself, enjoy yourself, find inner the peace and yet the energy to apply in outside world. There are just too many methods but ultimately our goal is same. Meditation in any form is good still you'll come to know of different ways and what suits you best to bring out the best result in shorter period.

Short Course content :

- 1) This course is focused on ancient, modern & universal technique of Meditation.
- 2) Includes various aspects of meditation like – how to sit or lie, pranayama techniques, choosing which meditation is better depending on personality type & goals.
- 3) Chakra balancing & cleansing to reap full benefits.
- 4) Affirmations, visualizations and other tools to aid meditation
- 5) A range of meditation styles and practices will be discussed.
- 6) Physical and psychological effects of meditation.
- 7) Ancient methods plus modern methods (like dynamic meditation).

You'll also understand the being-in-meditation and practicing-meditation. It can be practiced anytime- be at office, party and even while speaking/listening to people, music etc. So being in meditation always brings much more benefits than doing meditation for a particular time and at a particular place!

1. This program is available to individuals on one-to-one basis and in groups as well.
2. The choice of dates and time for sessions and even the venue is based on mutual comfort of the participant and the organizer. Once a month we've a common date for training as well.

Thanks. Looking forward to your trust and opportunity to help you.

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