

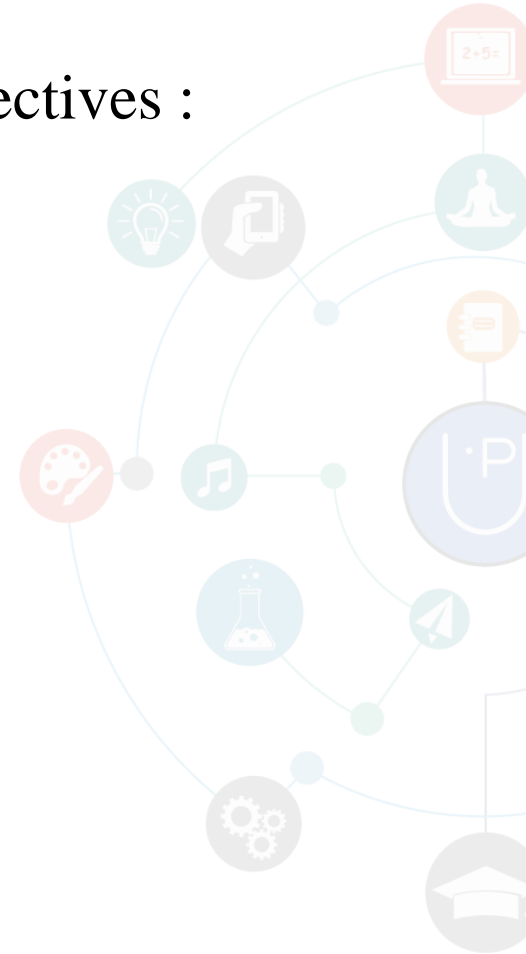


Welcome to UrbanPro.com

MINDFULLY ME! with PRAAJAKTA V.B

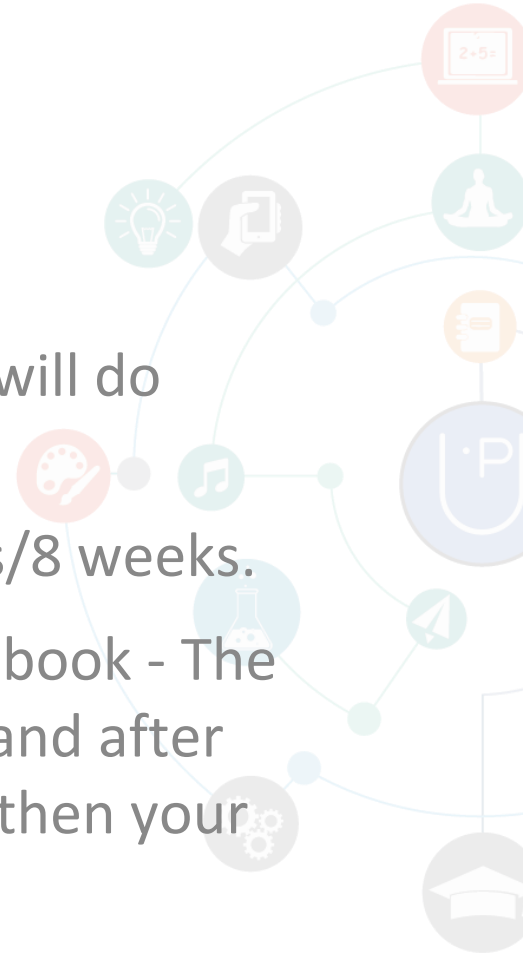
Mindfully Me is a Mindfulness program designed to achieve these objectives :

1. Increase awareness and the improve the ability to focus
2. Live in the PRESENT moment completely
3. Improve productivity, mental calm, sleep, and overall happiness
4. Reduce stress and anxiety and learn to deal with it.



Why you should sign up for the program:

1. We will not be meditating for hours. Just 10 mins does the magic.
2. We will do a few exercises along with the meditations everyday. I will do them with you and together we will become mindful.
3. Its just an 8-day program with accountability support for 2 months/8 weeks.
4. You get a downloadable journal - Mindfully Habitual and a Free E-book - The HABIT Store. I personally created these from my own experience and after applying the advice of experts. So these resources help you strengthen your practice more and also build good habits.



What you learn through the exercises, activities and meditations in 8 days:

1. The correct way of breathing
2. Noticing your “default” behaviours
3. Learning to use the tool of breath to navigate practically any problem in life
4. Getting in tune with your body’s messaging system.
5. Learn to identify emotions – good, bad, ugly
6. Develop a winning attitude.
7. Easy exercises to increase your mindfulness
8. Become kind and compassionate
9. Erase your limiting beliefs and get ready to achieve massive success.



Why ME?

1. I learnt the hard way, that the root of all my problems for almost 15 years was my absence from the present moment.
2. At the time, growing up, my reality was painful and boring so slowly I started switching off from the present. Soon enough it became a habit I didn't realize had become my personality until very recently.
3. But when I realized, I had tears of regret and guilt and decided to pull myself up which is when I became obsessed with mindfulness.
4. When my mindfulness increased, I could see so many people just drifting in life, not really living it joyfully. That is when I decided that I am going to make this my life's mission – to Teach mindfulness to as many people as I can. It is the biggest challenge of our times – to live with distractions but still be aware and focused and mindful.

But what is MINDFULNESS?

1. Mindfulness means to be where you are, actually and only doing what you are doing.
2. It means living completely in the PRESENT Moment, not in the past, not in the future.
3. But the increase in the distractions around us destroyed our ability to stay grounded and aware of the present moment. Which is why everyone today should do a mindfulness course.
4. This Mindfully ME program doesn't just teach you to live in the present moment. It also teaches you to develop a winning attitude, treat yourself with kindness, deal with traumas and heal from unresolved emotions, release the fears that are holding you back.
5. This program is an 8 day program. Each day will teach the small things you have to do for a week. If you follow this program for 8 weeks, I guarantee you, you will enter your best version yet – more conscious , present, healed, focused, relaxed and happy.
6. I guarantee, because that's what doing this program over and over till now, has done to me.

Thank You!



Any Questions?

