

S

PIRITUALITY

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# **CHRONOLOGY OF PROGRAMS**

**1) 04 HOURS SESSIONS**

**2) 02 DAYS SESSIONS**

**3) 03 DAYS SESSION**

**4) 01 MONTH SESSION**

# **04 HOURS SESSIONS**

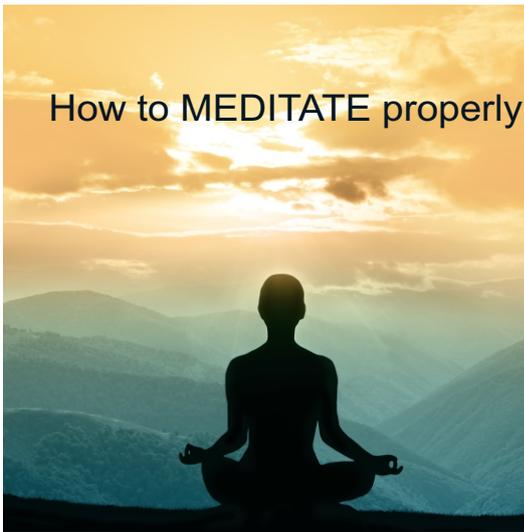
## What is MEDITATION



## Why MEDITATION is MUST for everyone



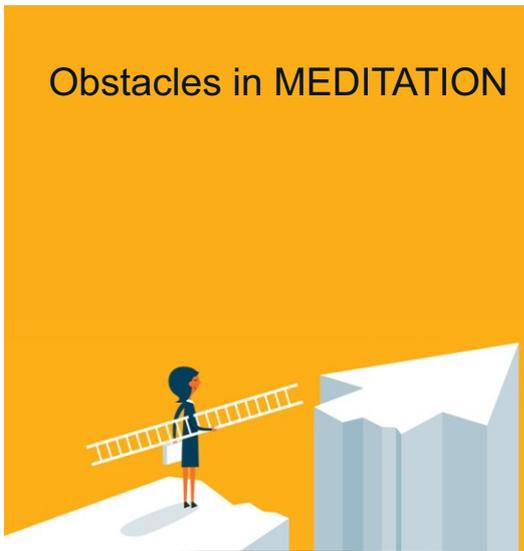
## How to MEDITATE properly



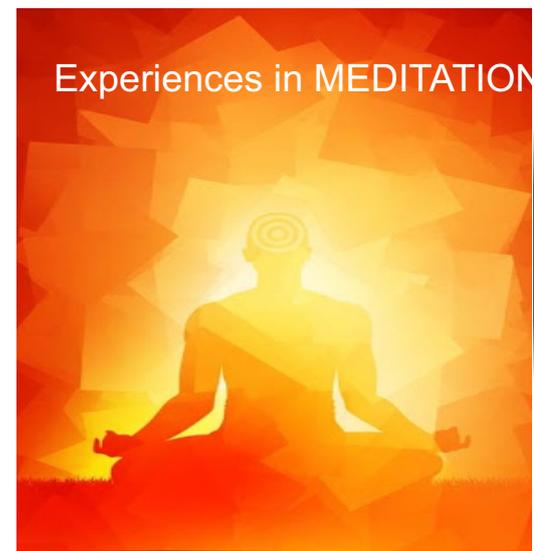
## MYTHS in MEDITATION



## Obstacles in MEDITATION



## Experiences in MEDITATION



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**04 Hours  
Sessions**

## Bringing MEDITATION into DAILY PRACTICE



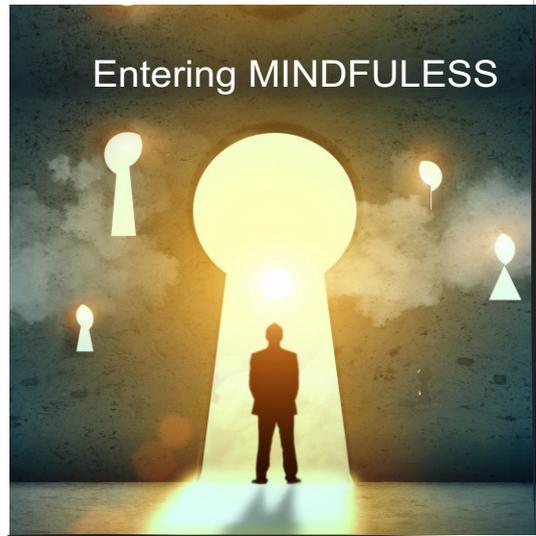
## Complementing Practices for EFFECTIVE MEDITATION



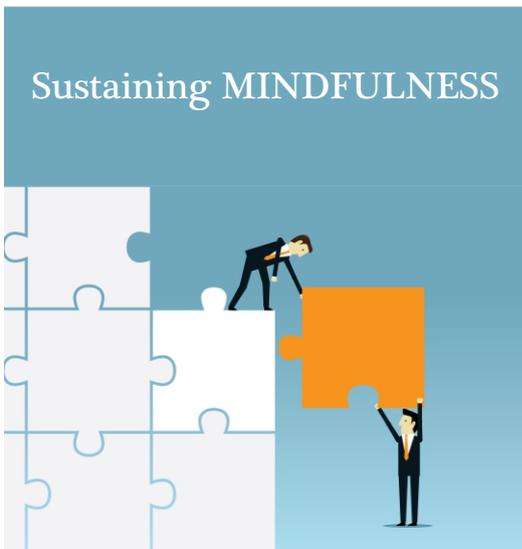
## What is MINDFULNESS & Why MINDFULNESS?



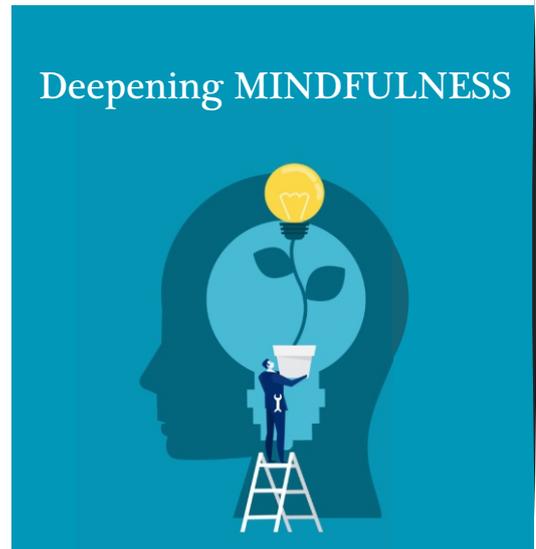
## Entering MINDFULNESS



## Sustaining MINDFULNESS



## Deepening MINDFULNESS



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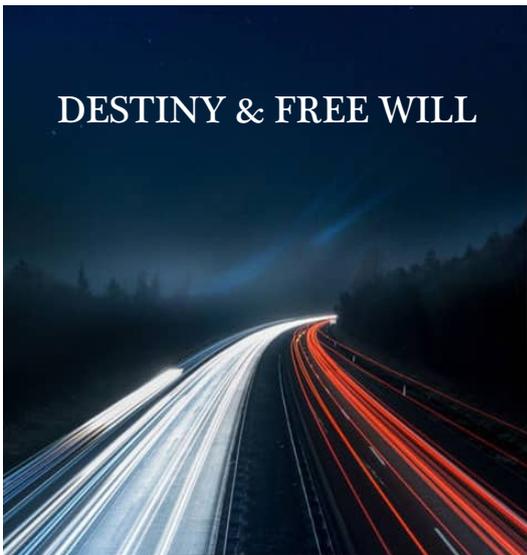
## Ripening MINDFULNESS



## 07 states of CONSCIOUSNESS



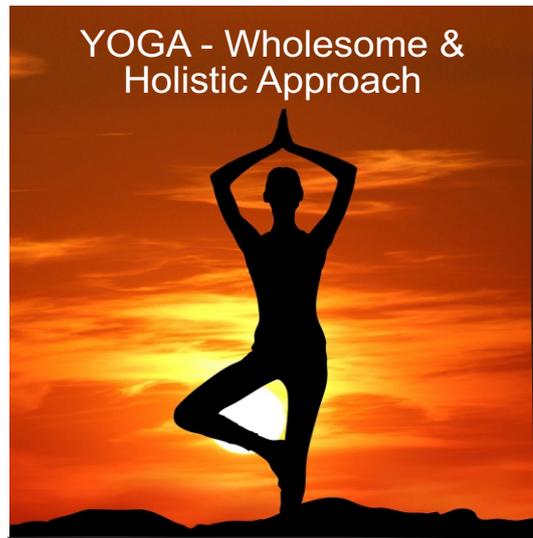
## DESTINY & FREE WILL



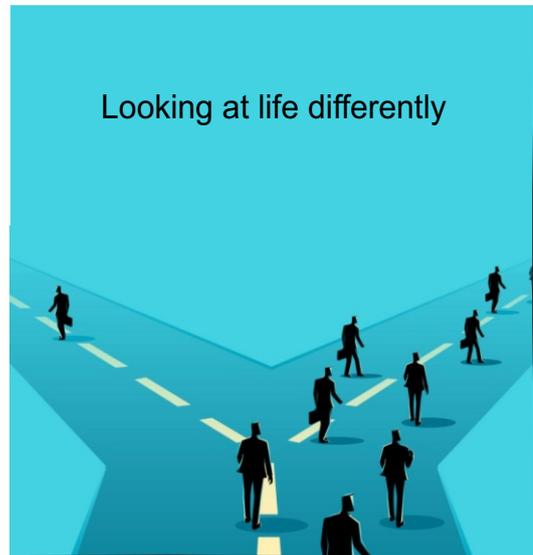
## Practicing MINDFULNESS



## YOGA - Wholesome & Holistic Approach



## Looking at life differently



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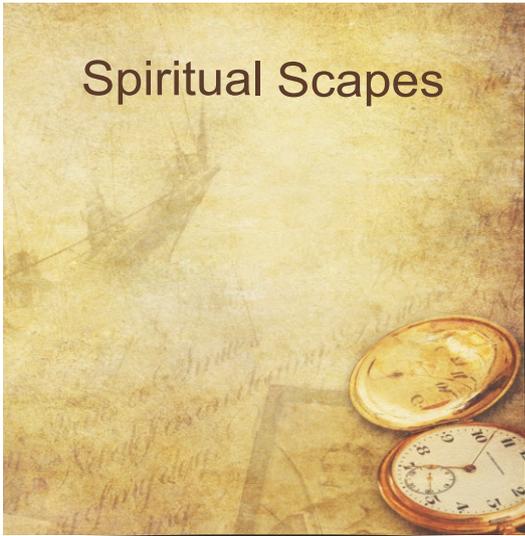
## Life After Death



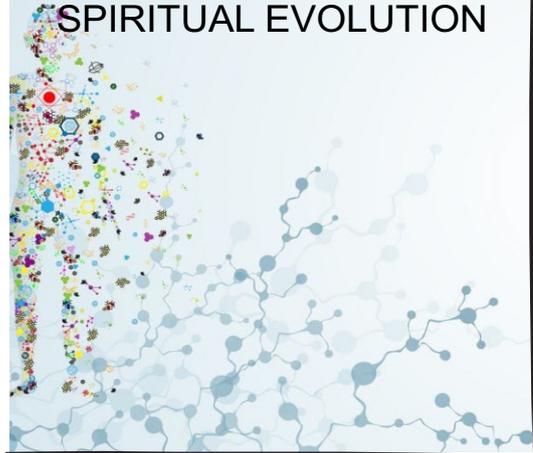
## Karma & Reincarnation



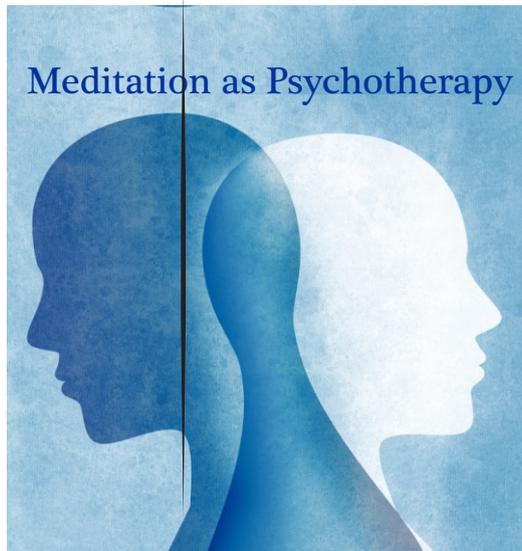
## Spiritual Scapes



## 25 Proven modalities of SPIRITUAL EVOLUTION



## Meditation as Psychotherapy



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## GRATITUDE - A Gateway to Abundance



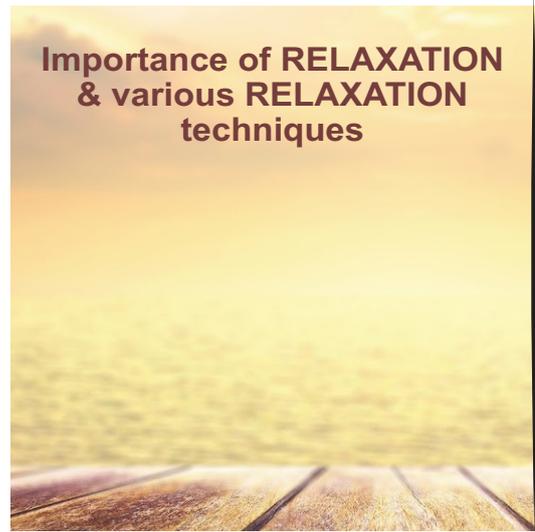
## Finding a PURPOSE of life



## AFFIRMATIONS & VISUALIZATION for life success



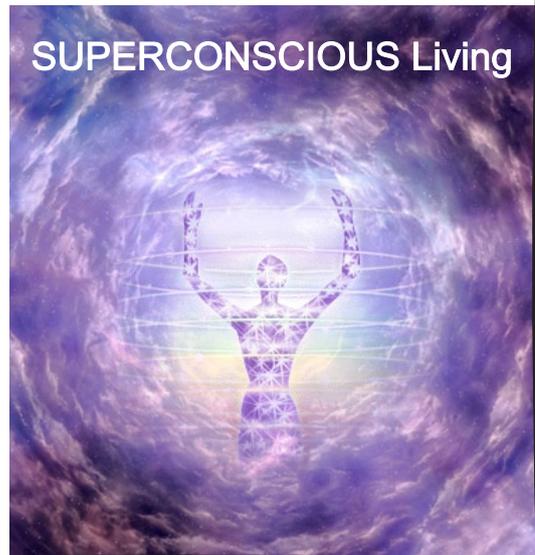
## Importance of RELAXATION & various RELAXATION techniques



## Understanding, handling & avoiding STRESS



## SUPERCONSCIOUS Living

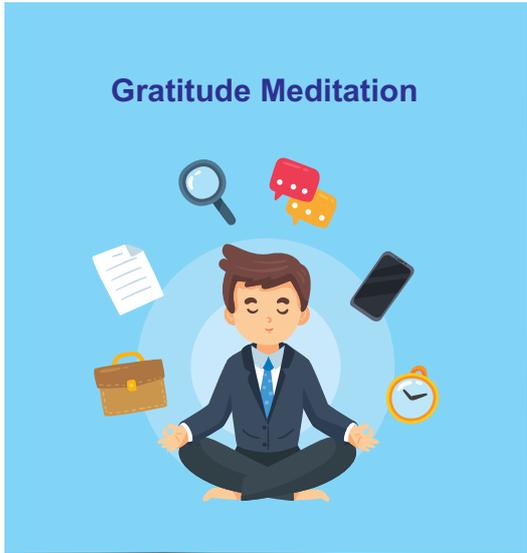
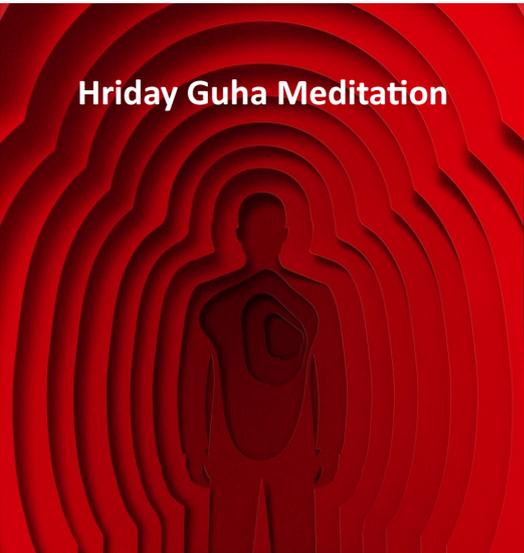
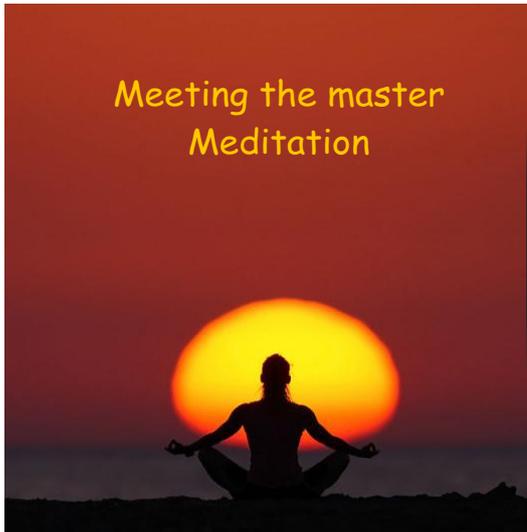
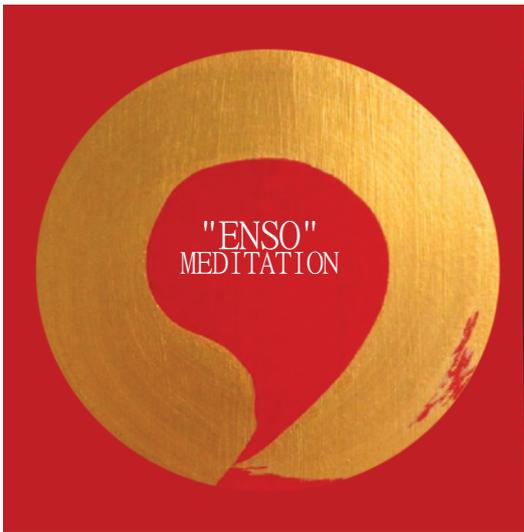
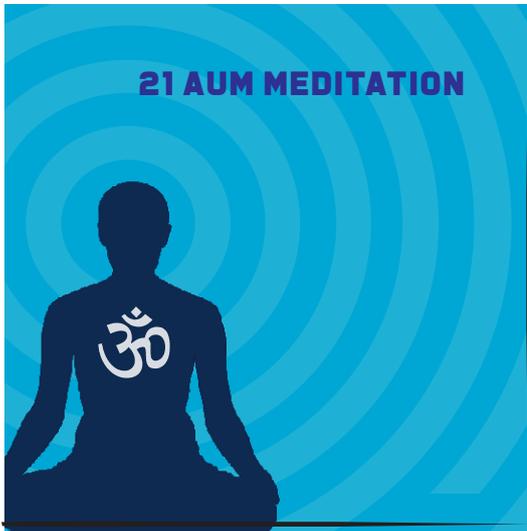
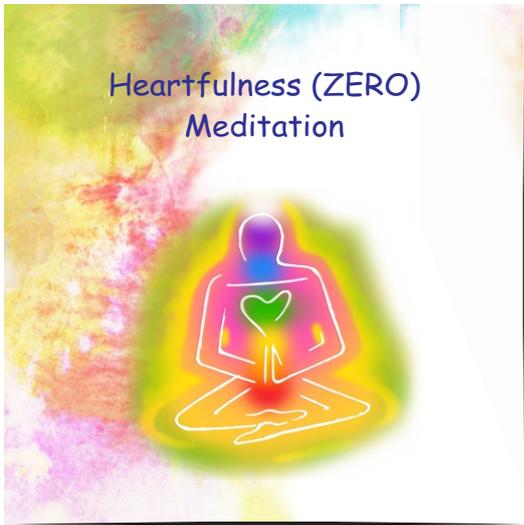


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Sessions**



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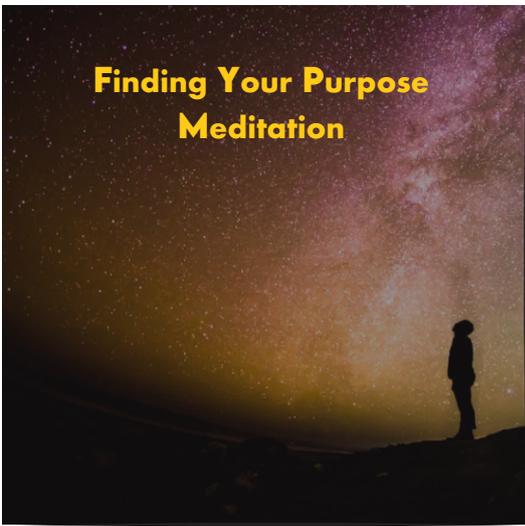
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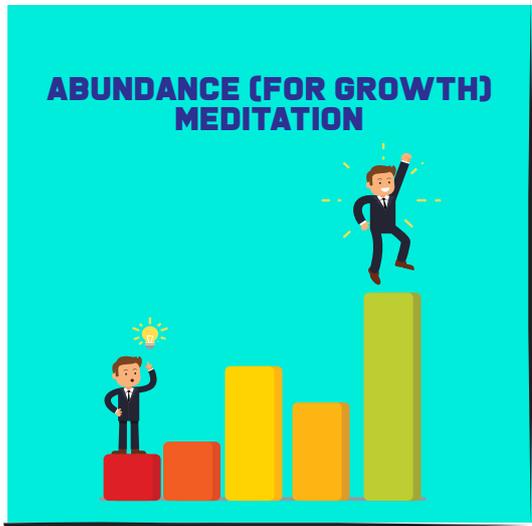


**04 Hours  
Sessions**

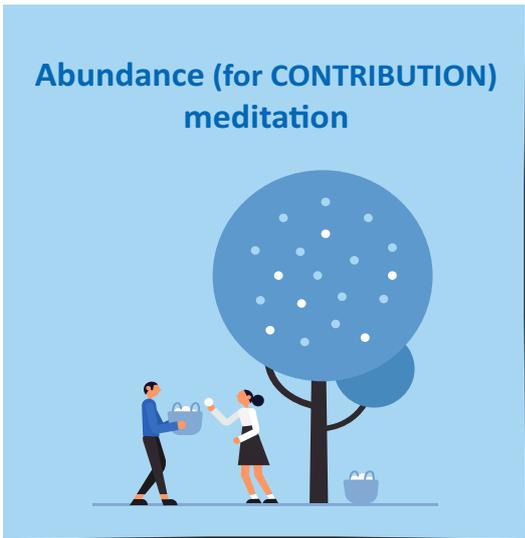
## Finding Your Purpose Meditation



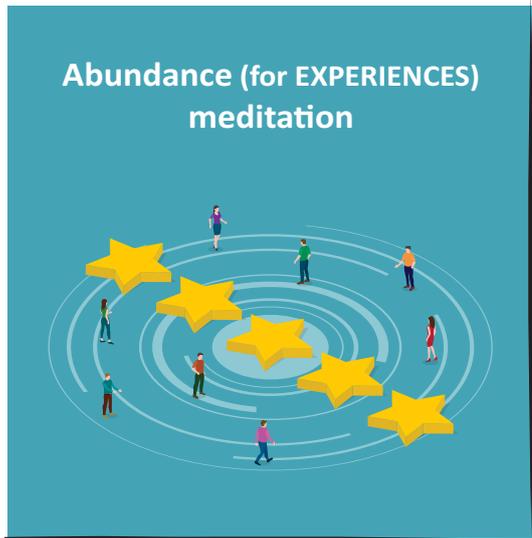
## ABUNDANCE (FOR GROWTH) MEDITATION



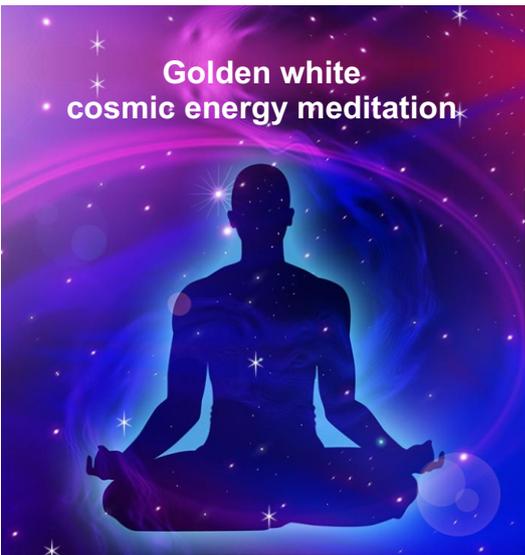
## Abundance (for CONTRIBUTION) meditation



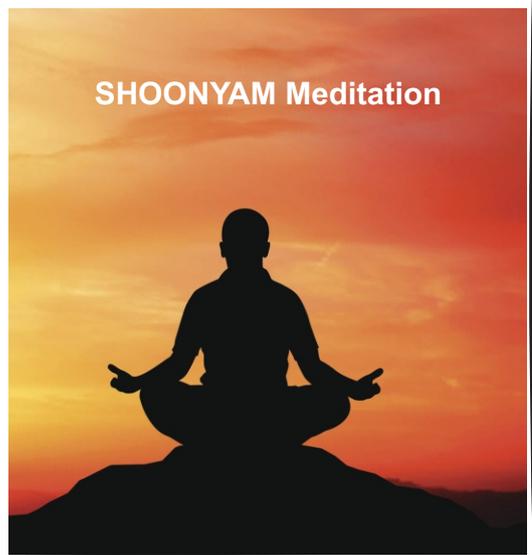
## Abundance (for EXPERIENCES) meditation



## Golden white cosmic energy meditation



## SHOONYAM Meditation



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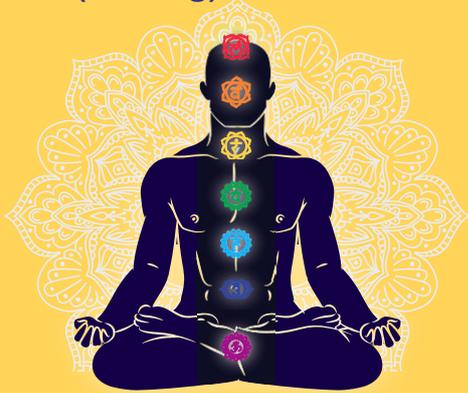
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Sessions**

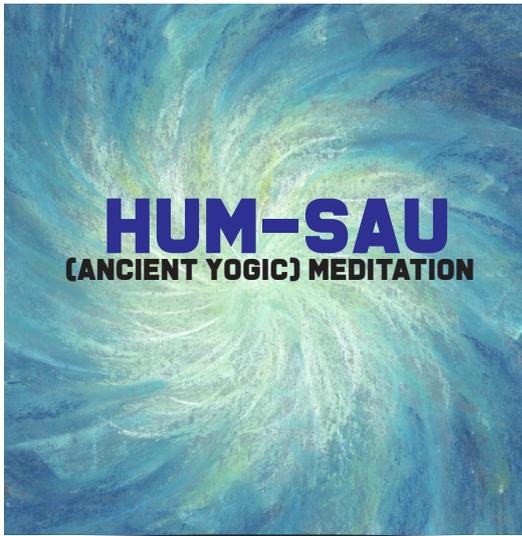
## Chakra Attunement (Healing) Meditation



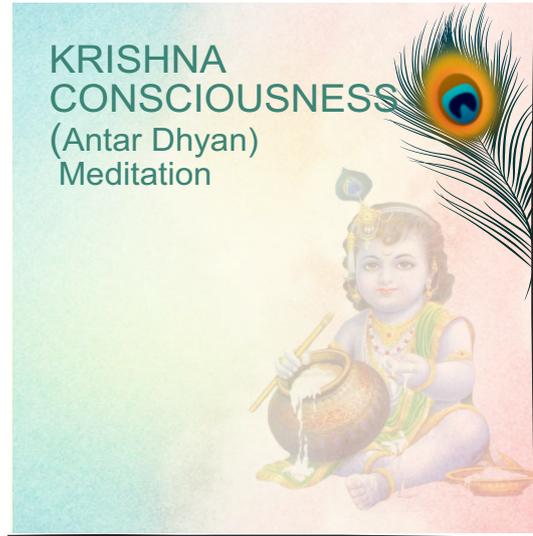
## ZEN MIND MEDITATION



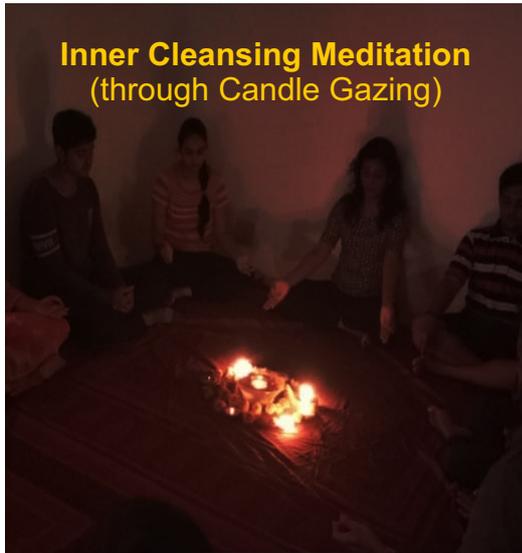
## HUM-SAU (ANCIENT YOGIC) MEDITATION



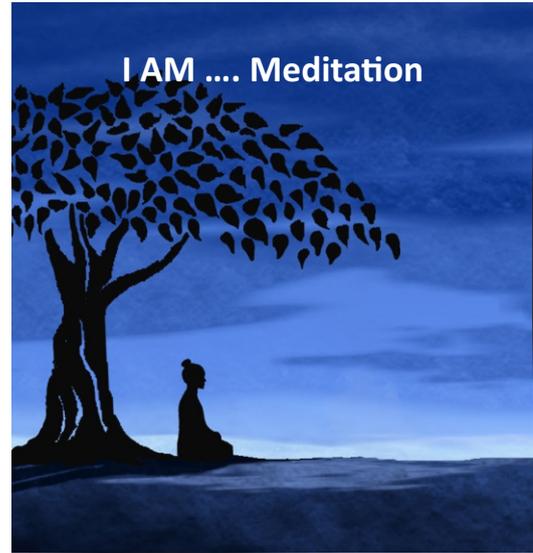
## KRISHNA CONSCIOUSNESS (Antar Dhyana) Meditation



## Inner Cleansing Meditation (through Candle Gazing)



## I AM .... Meditation

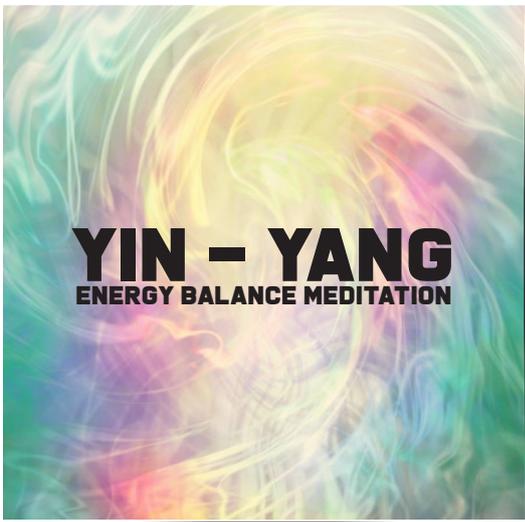


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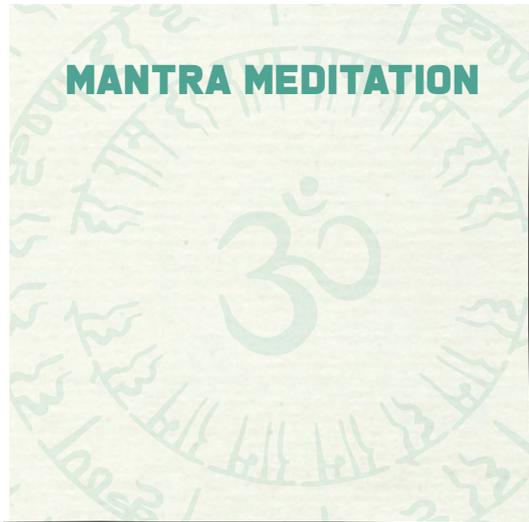
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**04 Hours  
Sessions**

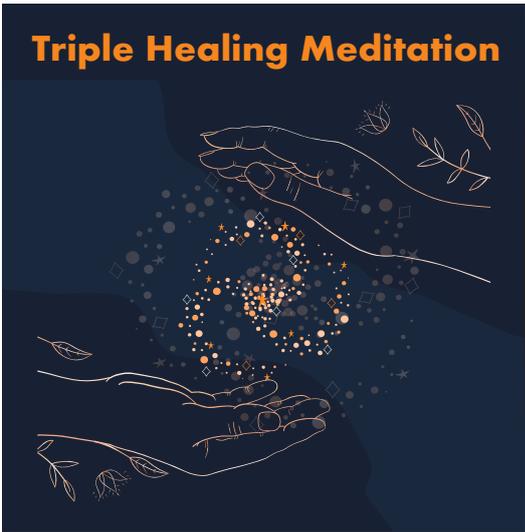


# YIN - YANG

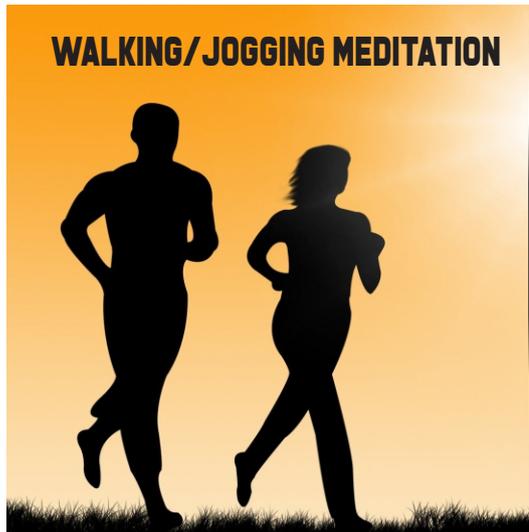
ENERGY BALANCE MEDITATION



# MANTRA MEDITATION



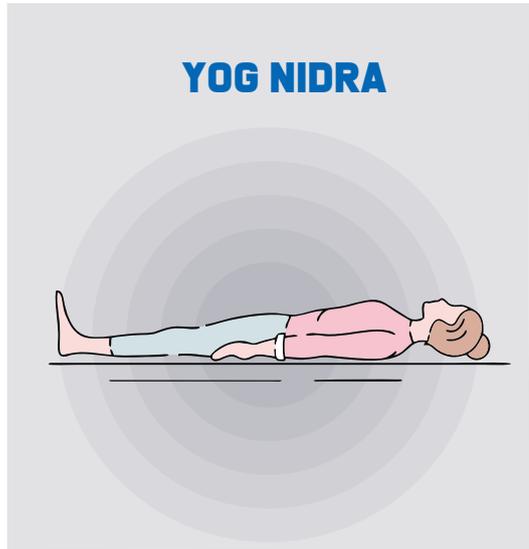
# Triple Healing Meditation



# WALKING/JOGGING MEDITATION



# SKY GAZING MEDITATION



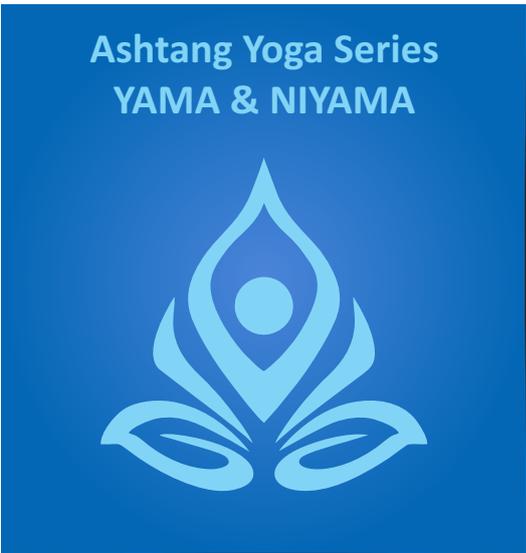
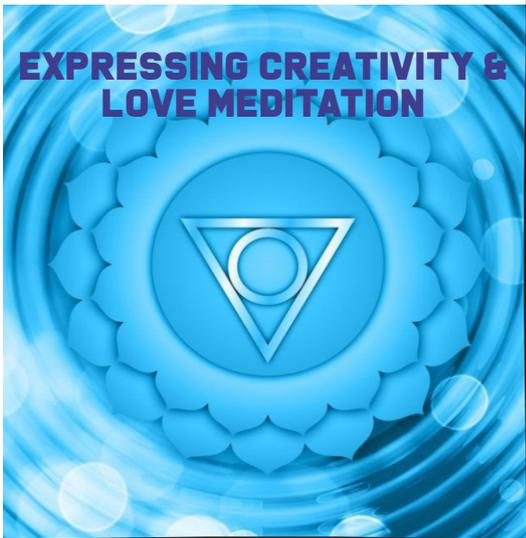
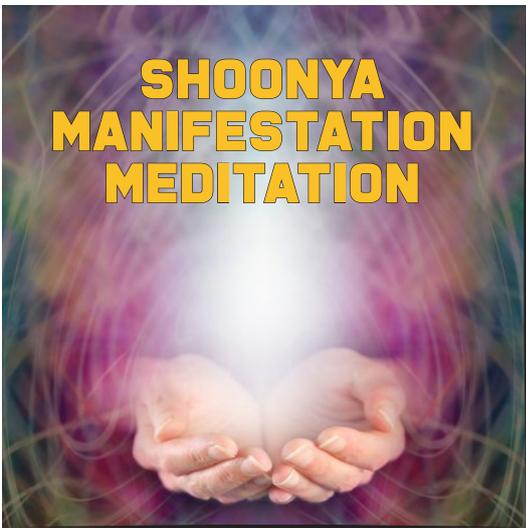
# YOG NIDRA

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Sessions**



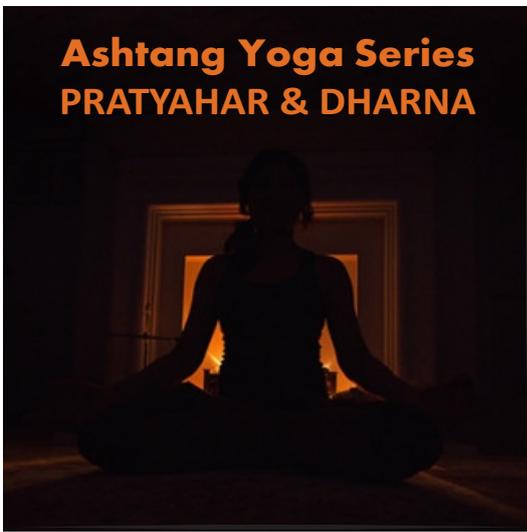
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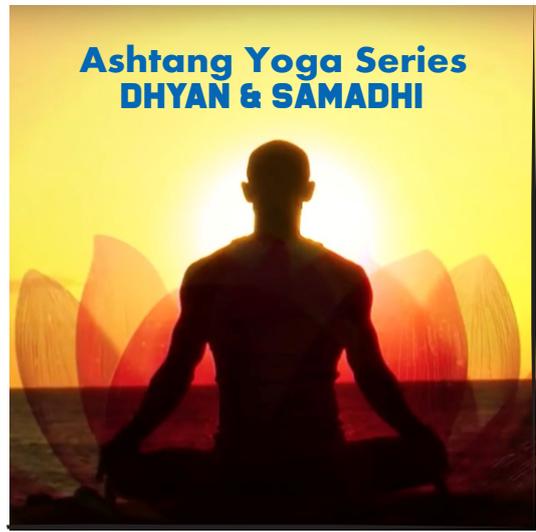
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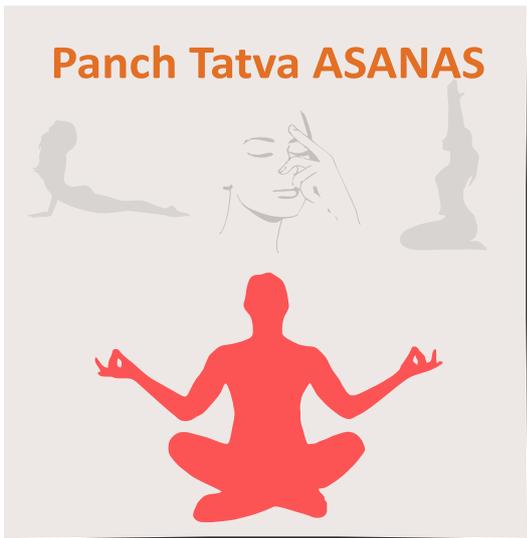
## Ashtang Yoga Series PRATYAHAR & DHARNA



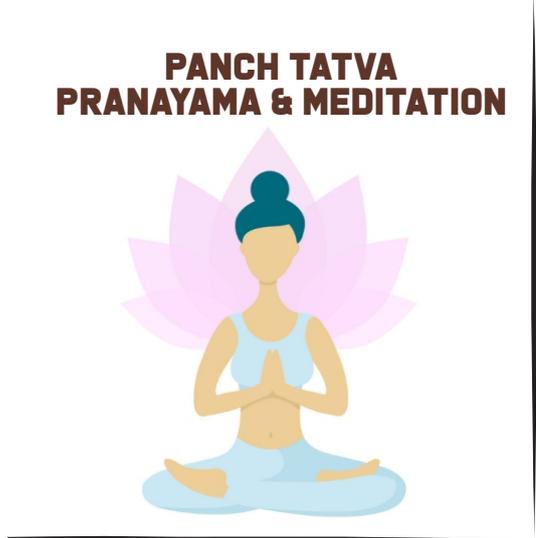
## Ashtang Yoga Series DHYAN & SAMADHI



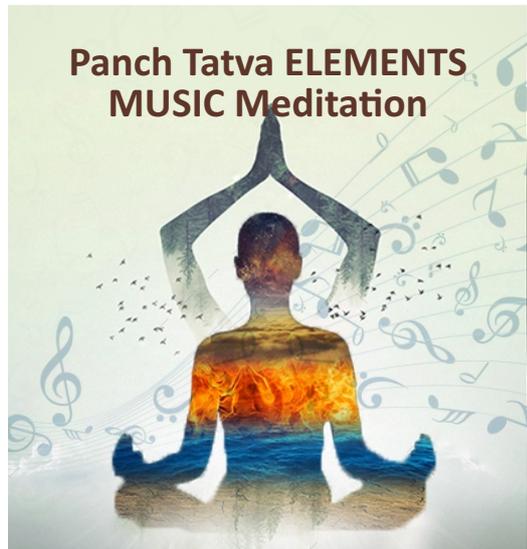
## Panch Tatva ASANAS



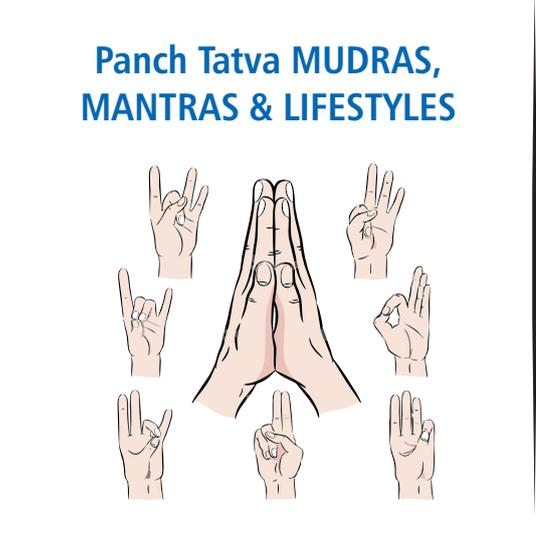
## PANCH TATVA PRANAYAMA & MEDITATION



## Panch Tatva ELEMENTS MUSIC Meditation



## Panch Tatva MUDRAS, MANTRAS & LIFESTYLES



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**04 Hours  
Sessions**

**02 DAYS  
SESSIONS**

# CONSCIOUSNESS EVOLUTION

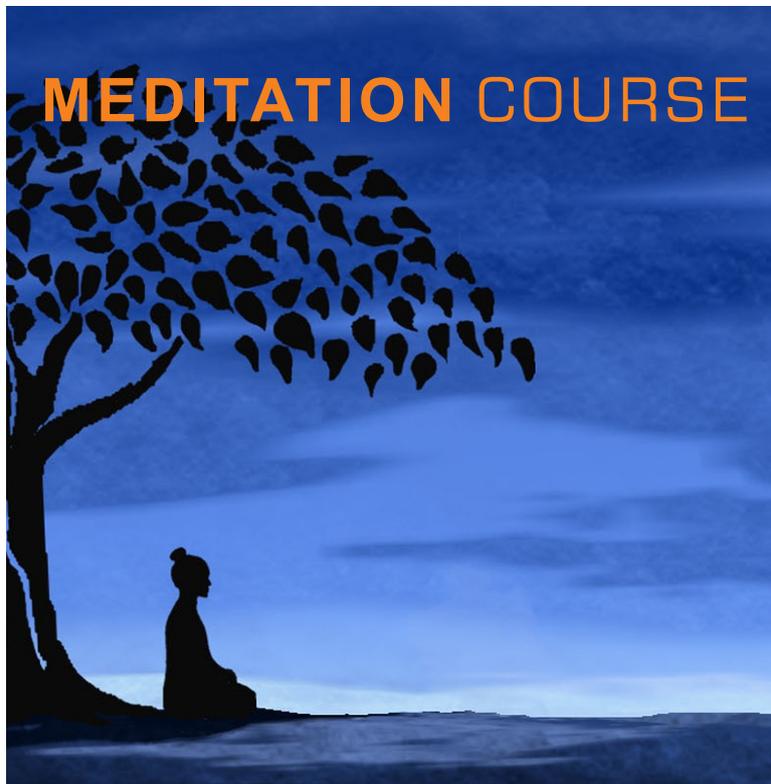
...through  
Past Life Regression Therapy



# SPIRITUAL DIET



# MEDITATION COURSE



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02 Days  
Sessions

**03 DAYS  
SESSION**



# Spiritual Retreat

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03 Days  
Session

# **01 MONTH SESSION**

# Spiritual Leadership



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01 Month  
Session

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