



Corporate Stress management by applied mindfulness

Reduce anxiety, overcome fatigue, improve performance, manage physical pain & live in peace and happiness



The source and the inspiration

Eastern wisdom 6000 years' old tradition supported by 3000 teachers and texts. The goal of eastern wisdom is to discovery the true nature to end stress, suffering, and awaken to inner peace and happiness

Why this program?

- Learn simple and easy steps to relax with in few minutes.
- Educate and empower your mind to induce relaxation any time and any where with in few minutes
- Learn mindfulness from the teachings of the masters who discover edit, during 6000 years.

How program works?

The program is anexperiential learning, engages participants acquire knowledge of the principles of eastern wisdom, followed by small and easy practice, sharing of experiences.

How the program is different?

You learn from the teachings of the great masters who discovered mindfulness 6000 years ago.

Every session is interactive, conscious journey and free from cult, dogma, belief and religion.

You learnto remove barriers that blocks the progress, helpers that hasten the perfection.

Who canjoin?

Any one who is seeking peace, happiness, Well-being, and complementary approach toover come addiction / dependence from drugs, alcohol, and other social abuses.

Girish Jha

38 + years of experience in educating, mentoring people from all walks of life. He trained and mentored diplomats, engineers, technocrats and military.

You will learn/ practice/ experience

Deeper Understanding

- Why guided meditation is to borrow the mind of a teacher and keeping one's mind aside during the practice helps?
- Learn how to begin the journey of any meditation- sitting nearby with aspiration to transcend stress.
- How signature steps of breathing purify the mind, recitation of sound balances the brain and moving mind within releases stress.

Managing problems and stress

- Overcome fatigue, and improve sleep
- How to live in meditative state at work?
- How self-enquiry helps manage stress and suffering?

Benefits Guided meditation?

- Applying meditation in daily life for peace and happiness.
- Relax by simple mindfulness in 4 steps anytime
- Give your brain the idle time to relax and smile

Simple principles of eastern wisdom

- Play with the mind is the key
- How you block your own success. From personal reality to absolute reality (from me-world to existence-world-)
- How your behavior reflects your consciousness. Meditation helps remove wrong perception through wisdom and practice
- Conscious control over Prana (energy consciousness) leads to awakening to peace and happiness.How breathing helps in changing the mind to change the brain.

You can attend the program

Online/ in person/ group/ corporate programs

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