



Workshops, Intensives, Continuing Education Weekly & Personalized Programs Online / in person / Corporates / Groups

Think, how our lives move on ?

- What I want, I don't get it
- What I get. I don't like it
- What I like, it does not last for ever

4 stages of suffering

- P. - Pressure
- A. - Anxiety
- I. - Intimidation or fear
- N. - Negative thinker

Are you ready ?

- Know it – principles
- Aspire it – inner peace
- Practice it – regular
- Experience it - joy



Eastern wisdom is 6000 years old, with well defined and thousands of practices. It is supported by 3000 masters and texts. Simple principles from masters, learning from teacher will Transform life.

Few of the practices, we offer in our programs

(From 6m-10m-20m-60m)

- 4 Step Relaxation
- The Synergy Practice
- The Self-Awareness Practice
- The Emotional Poise
- The mindfulness
- The Psychosomatic Practice
- The Contemplative Mindfulness
- The Harmony Practice
- The Prajna Practice
- The release practices
- The energy meditation
- The Freedom Practice

Your Challenges & Our programs

- Self-evaluation
- Identify your challenges.
- Design and customize the program
- Guided practice in 15 stages
- Experience the change
- Removing obstacles
- Digital delivery of the practices



Famous programs

- Layman's guide to mindfulness
- Retrain the brain, release the stress
- Eight fold path of mindfulness
- Shanti- meditation series
- Healthy aging
- Guided Meditation and Stress mgmt.
- Personalized mindfulness program



Applied eastern wisdom programs

- Pain management
- Asthma management
- Stress management
- Anxiety management
- Problem solving
- Relationship management
- Heart care program
- Work-life balance
- Conflict and confusion management

Programs for YOU

- Goal setting
- Motivation and positive attitude
- Personality development
- Self-discovery – joy of conscious living
- Eastern wisdom for excellence
- (Based on the texts)
- Evolve mind for happiness
- Educating mind for meditation and awakening



Girish Jha

Mentor, Guide, Coach
/ in person / group

Contact for Online

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Girish Jha, MS, BS

- Consultation & Learning Session Pricing 2018
- Initial Email, Phone or Skype Consultation - No Charge

Corporate program fees are different,
please send email at info@girishjha.org

One 1 Hour On-Line Session -

\$150

Three 1 Hour On-Line Sessions -

\$425

Ten 1 Hour On-Line Sessions -

\$1350

On-site, In Your Home/ One 1 Hour Session

\$250

Three 1 Hour Sessions -

\$700

Ten 1 Hour Sessions -

\$2000

Sessions are limited to 1 people; however, one member of family may join. Additional attendees will require separate fee. 24 Hour advance cancellation is necessary. Packages expire within 6 months of purchase. Refunding is unavailable.