

Let us make a journey to mindfulness;

Mind to mindfulness to inner peace

Based on the teachings of masters of Eastern Wisdom- Buddha, Kapila, Astavakra & unique texts Upanishads and Sutra.

We help people

Manage suffering (anxiety, depression), achieve well-being & discover inner peace and happiness in personal, professional, social and family lives.

The program is born from the 6000 years old Eastern Wisdom, teachings of 3000 teachers and texts. It bridges the age-old practices with day to day challenges of modern life, with personalized practices leading to a deeper experience of inner peace, happiness, love, and wisdom.

What you will get in level-1

- Physical, mental, & emotional relaxation.
- Overcome fatigue, sleep disturbances & lack of focus.
- Educate the mind to be free from anxiety, anger & agitation.
- Simple, easy and effective customized practices.

Level-1 Mind to Mindfulness to Inner peace

A Journey to Mindfulness level-1 is 10 hours program of 1 hour each given weekly on Saturdays at 8.00 am MST/8.30 pm India Time/ 11.00 am EST. Anyone can send two emails sharing their experiences.

What is unique about the program:

- 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.
- Anyone who is seeking peace, happiness, Well-being, and complementary approach to overcome addiction/dependence from drugs, alcohol, and other social abuses.
- Talk, Training, Technique, Tips, guided customized practices, sharing of experiences, overcoming barriers and more.

Girish Jha, MA About the Guide and mentor

40+ years of experience in teaching, research, educating thousands of people includes diplomats, engineers, doctors, kids, professors. Many Himalayan masters have mentored Girish Jha. He studied psychology, philosophy, applied mindfulness, Tantra, Yoga, Spirituality. He has a master's in science and applied mindfulness.



Questions and query:

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Program Choices

The full program: The journey to mindfulness leading to awakening is an ongoing journey until the mind is purified, transformed and transcended.

Every Module: The level-1 of 10 hours repeats until the participant transitions to a seeker.

Target Audience: anyone looking for mindfulness, employees, medical doctors, leaders, students.

Ideal group: 20- 40 (max 40)

Delivery: The program is offered Online/in-group/ one to one in person, write for details.

Contribution: ask for details as private/ group/ online sessions

Attend Online in a group: you can join the program online in the group on Saturdays at 8.00 am MST/8.30 pm IST/11.00 am EST.