



Let's Evolve And Help Everyone To Evolve

You Discover Peace and Happiness,

Disseminate them at Home and at Work

we help people / groups/ corporate/ family:

- **Manage P.A.I.N.** (stress, relationship, physical pain etc.)
- **Achieve well** - being (creativity, focus, performance etc.)
- **Discover** inner peace, happiness, wisdom and love.
- **Eastern wisdom** is 6000 years old, supported by 3000 teachers, texts and practices that includes applied mindfulness. We apply simple and easy practices in a program.
- **Scientific** research (from neuroscience, physiology, psychology, biochemical etc.) Suggests when mind moves and lives within, it changes the mind to fire the brain to rewire it.
- **The results** : change in attitude, habits, personality, improved sleep, reduced fatigue, enhanced self - awareness, 24X7 state of mindfulness, higher emotional intelligence



Program Choices:

The full program is 25 hours, followed by 5 weeks of follow ups personal interaction and personalized practices for empowerment, and transformation in life.

The level - 1, 10 hours program offers principles of eastern a journey to applied mindfulness, inner peace and creativity.

Introductory program, 2.5 hours basic principles of learning and engagement, 2 customized practices to make you feel better, relaxed and energetic.

Target Audience - Employers, employees, family, managers, individuals, seniors, leaders

Delivery Choices - in Person, Online, group, Individuals with specific challenges are welcome.

Ideal Group - 20 - 30 (Max. 40)

Contribution range - depends on the hours, numbers, or private session - \$150/ session/person to \$1500 - \$5000/program/group.

Questions : -

free email/ online consultation info@girishjha.org www.girishjha.org
 Blog: www.girishjha.us 609-447-5421

Methodology

01	Pre- assessment
02	Engagement - interactive talk
03	Education - guided practice
04	Empowerment-Subjective assessment
05	Experience- Removing obstacles
06	Evolving
07	Post - assessment
08	E-learning Smart devices

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.