



Date
20th to 22nd, Sept, 2022

Time
6.00 to 8.00 Am

Happiness Program

A uniquely powerful combination of Guided Yoga, Meditations, Profound Wisdom and Powerful Rhythmic Breathing Technique – Sudarshan Kriya. The Happiness Program takes place over three relaxing and rejuvenating, yet focused days. From reducing stress to getting better rest, these techniques have a demonstrated measurable impact on the quality of life.

Key Benefits Of The Happiness Program

Quickly & Effectively Manage Your Emotions-

Learn a series of meditations and breathing techniques which can help you manage your emotions more effectively and improve your relationship with the world around you.

Effective tools to effortlessly Relax Everyday-

Effective Tools To Effortlessly Relax. Learn effortless ways of relaxation with easy guided meditations, pranayams and asanas which you can incorporate into your day for greater health, focus, and relaxation.

Breathing Exercises Sudarshan Kriya -

Experience The Power Of Breath Learn Sudarshan Kriya, a simple yet powerful rhythmic breathing technique that effortlessly draws you into a deep state of meditation and help you overcome stress.

Self Awareness

Understanding Nature Of Your Mind-

Master your mind and get a greater perspective of life. Practical wisdom in the Happiness Program enables you to live a positive life and overcome frustration, impatience, worries and more.

