



# FOCUS

- Focus and indulge in the most important person in your life -YOURSELF.
- Experience more peace and re energise yourself.
- Allow yourself and be willing to give yourself this gift.
- Understand what is causing tightness in your life.
- Be willing to welcome the lightness that is truly yours.
- Uncover past layers of conditioning and limiting beliefs.
- Release and transform to experience the harmony.
- Give yourself permission to change. It's safe. It's only change.



# SCHEDULE

#### DAY 1

- INTRODUCTION TO CHANGE
- PHILOSOPHY
- THOUGHTS-FEELINGS-BEHAVIOUR LINK
- SELF AWARENESS



DEALING WITH NEGATIVE EMOTIONS

DAY 2

CONNECTING WITH NATURE

CONSCIOUS
RELATIONSHIP BUILDING



**OPTIONAL SESSION** 



MORNING MOVEMENT MEDITATION





@joyhamesha WA Anamika +91 9769355585







## SCHEDULE

DAY 3

#### **FACILITATOR**

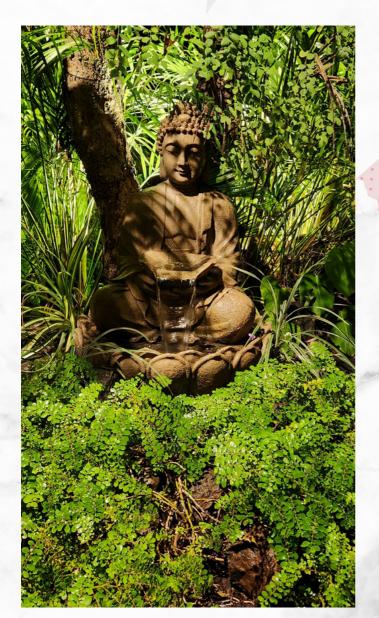


- CONNECTING THE DOTS
- PUTTING IT ALL TOGETHER
  - **WRITING YOUR NEW STORY**

Internationally certified HYL Teacher Certified NLP Practitioner Reiki Healer

Certified in Managing with the Heart and Mind for corporates
Trained in Nutrition, Physiology, Grief and Sleep Therapy.
Alumnus of IIM, Bangalore
Graduate in Mathematics
Post graduate in Computer Technology
TCS, Deloitte and KPMG

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DAY 3

Hamesha

- CAREFULLY CRAFTED REFLECTIONS
- GUIDED MEDITATION
  NATURE WALKS
  VISUALIZATION
- AFFIRMATIONSMOVIE SCREENING
- SOUND THERAPY
  MIRROR WORK
  EMOTION WHEEL
  MOVEMENT THERAPY

### THE ENERGY EXCHANGE

Rs 21,000.

Includes stay in double occupancy, all meals, retreat handouts and materials and one personal coaching session.

Transport to and from Pune not included.

Instalment plans available

Additional group discounts

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