



Science of meditation

Engineering Your Mind and Heart to access higher dimensions of life

An 8-Week Meditation Program to Understand and Experience Simple Heart & Mind technics to access higher dimensions of life. A powerful upliftment to optimize well-being, success and purpose as individuals, companies or institutional organizations.

Why sign up for this program?

As we face the increasing challenges and responsibilities of modern life, this 8-week program will equip you with simple technics to become athlete and happy individuals and leaders.

You will have a unique opportunity to learn simple heart-mind techniques and experience their impact personally, in your family life, and at work. You will explore scientific research to enhance your understanding of the heart, mind and brain. And particular light will be shed on the benefits of contemplative practices on

- **Health & Well-Being**
- **Focus**
- **Peak Performance**
- **Decision Making**
- **Positive Thinking**
- **Resilience**
- **Happiness**
- **Empathy and Compassion**

What can you expect?

You will experience some tried and tested practical methods that can be integrated into even the busiest daily life. This will happen in an atmosphere of peer support and kindness. These practices include breathing methods, attention training through meditation, tips for heartfelt living, inner attunement, mental detox, and longer dedicated heart-based meditations with the support of yogic transmission.

These practices can lead to profound transformation, and a more carefree and joyful approach to life.

You are then invited to join the Heartfulness community to receive ongoing continuous support.

What will you learn?

Elegantly designed for both in-presence and online delivery, this interactive and highly experiential program will immerse you in a wide range of breathing techniques, attention training, methods for the continuous improvement of habits and behaviour, and heart-based meditative practices.

After 8 weeks you will be equipped with a wide range of techniques and practices that you can then integrate into your life with ongoing support.

The assessments and introspection that you will do during the program will foster your interest in this inner adventure in a scientific way, and build your confidence and curiosity in this journey of discovery.

Who should attend the program?

Whatever inspires you to sign up for this program is a valid reason, especially if you are interested in leading a simple heart-based life.

It is specifically designed for individuals and organizations.

For Any Query
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