

## **Integral Being**      Workshops for a healthier, happier and harmonious life

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“Good health is an outer expression of inner harmony”

### **Pranayama for Wellbeing**

Pranayama (yogic breathing) improves lung efficiency, helping you to take more life sustaining oxygen with every in-breath and to expel more toxins with every out-breath. This reduces the disease-harboring acidity in your body. More importantly, Pranayama also works on the ‘chakras’ (energy centers) to balance the energies and opens you to spirituality. In this workshop, you have an opportunity to learn Pranayama practices for beginners. Practicing them for about 20 minutes per day allows you to enjoy a new level of wellbeing with higher energy.

Pranayama session can be done in an hour either in the morning or evening (before breakfast or dinner) in a space with mats and cushions. Three sessions will be help in practicing right.

### **Freedom from Stress**

When you perceive that demands exceed resources, you are likely to experience stress. The common strategy of taking a break appears to work well until you get back from the break and confront the same (or similar) situation with a bigger pile of ‘things to do’. Stress undermines all aspects of your life - health, vitality, enthusiasm and zest for life. In this workshop, you will have an opportunity to understand the root cause of stress, tryout easy-to-practice techniques to lead a stress-free life.

This workshop needs half a day and can be done in a space with chairs or mats & cushions.

### **Happiness and Beyond**

The pursuit of happiness is quite common but seldom achieved. The common pitfall is that happiness depends upon external events, circumstances and the people around you. Recent research validates the ancient wisdom that conditioning, negative thoughts and toxic emotions come in the way of ‘being’ happy. In this interactive and experiential workshop, you will have an opportunity to explore holistic techniques to jettison the baggage of the past and develop power over negative thoughts and emotions. Practicing these techniques heals your energy field and opens you up to the inner peace and happiness.

This workshop needs a full day and can be done in a space with chairs or mats & cushions.