



**Indian
Leadership
Academy**

Leading with Wisdom

BENEFITS

Become A Mindfulness Coach

- Improved attention, focus & concentration
- Reduce stress(ability to calm down)
- Improves health & toughens immunity
- Improves emotional intelligence
- Experience Self - Transcendence
- Enhance cognitive abilities

PROGRAM HIGHLIGHTS

- » Understand the human mind & how to efficiently self regulate.
- » Integrate body, mind & soul
- » Take control of your thought processes & manage your emotional states
- » Develop self awareness & being in the present moment.
- » Understand and improve relationship with yourself & others
- » Make mindfulness a daily discipline & benefit from an uplifting outlook in life.

4 DAYS PROGRAM - TWO WEEKENDS

5th, 6th & 12th, 13th DECEMBER 2020

9 AM - 4.30 PM



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DAY1

- Are you MindFULL or Mindful ?
- Mindful karma
- Mindful Acceptance
- Growing Mindfulness with Gratefulness
- Mindful living through Meditation
- Human brain and its evolution

DAY2

- Being Mindful of the Games the MIND plays
- Mindful discovery of your TRUE SELF
- Soulful Self love
- Level of consciousness and Auto - pilot mode
- Science behind meditation

DAY3

- Our thoughts and beliefs
- Understanding stress and emotions
- Building relationship with mindful communications
- Mindfulness with sound and vibrations
- Mindful discovery of Nadis and Chakras

DAY4

- Mindful discovery of Purpose
- Be the change you wish to see in others
- Mind-body connection for physical and mental health
- Training for Mindfulness
- How to continue your mindful journey

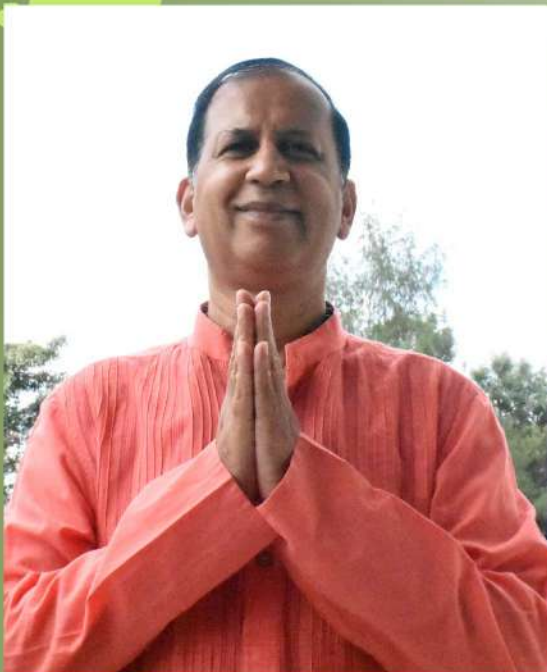
ABOUT THE SPEAKERS

Brig Arun Gupta



Brig Arun is a decorated veteran of the Indian Army, having served the nation for over thirty four years in major conflict zones around the country, including the Kargil War. After retiring from Army, he has worked in the Corporate Sector for over six years. Arunji, is an International Mindfulness Coach, NLP Master Practitioner and Motivational Speaker. He is working with wide range of clients to help them re-build their relationships, careers and health through Mindfulness practices, gently building inner strength, improve focus, awareness, mental clarity and thus designing overall improvement in living a happy and purposeful life.

Mudit Saxena



Mudit Saxena is an International Meditation Mindfulness, Kriya Yoga and Vedanta Practitioner, in addition to being a Coach, Mentor and Trainer. His methodology combines Theory, Techniques and Practice to help his students experience transformation professionally at the workplace as well as live a meaningful and spiritual life. He also works with individuals and organizations to become the best version of themselves as a Coach, Mentor and Trainer.

“ True Well Being is a
journey, not a destination.
We hope you will join us.”



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