



Mind Quietness Practices



- * How often have we wished to be calmer, more at ease with what's going on inside our heads & outside?
- * How often have we wished to have quick tools for immediate relaxation and reset our minds for the busy world?
- * Would you like to know of simple ways to quieten the mind?

This session will give an introduction to a variety of methods to quieten the mind.

Get a window into some simple & popular methods such as Body Scan, Breath work, Imagery, Sound, Chakra...Have guided Experiences in an informal group setting and leave with tools for relaxation, calmness and hence live stress free.

Who Everyone

Where MANDARIN GARDENS
CONDO, FUNCTION
ROOM, 13, SIGLAP ROAD,
UNIT 02-01.(ABOVE THAI
PAN RESTURANT)

When 25th NOV, 10.30-12:00PM
Registration: 10.15AM

What "MIND QUIETNESS
PRACTICES"

Why TO LEARN TO RELAX,
ACHIEVE CALMNESS &
LIVE STRESS FREE.

Cost FREE

**Register by
Email**

thewellbeingseries@gmail.com

Webpage

<http://thewellbeingseries.wix.com/mysite>

Facebook

The Well Being Series

Facilitated By

Our Wellbeing Team

Srividhya Sridhar: Certified Counselor and
Director of Counseling Programs With Corner Stone.

G.Bala: 40 years of Corporate Service, Life coach
and mentor using Positive Psychology.

Saloni Bajaj Singh: 20 years of corporate
service, Business Consultant and founder of online
consulting services.

Uma Venkataraman: Hypnotherapist, Life Skill
Coach & Self-Hypnosis Teacher (Special Focus:
Women & Teens)