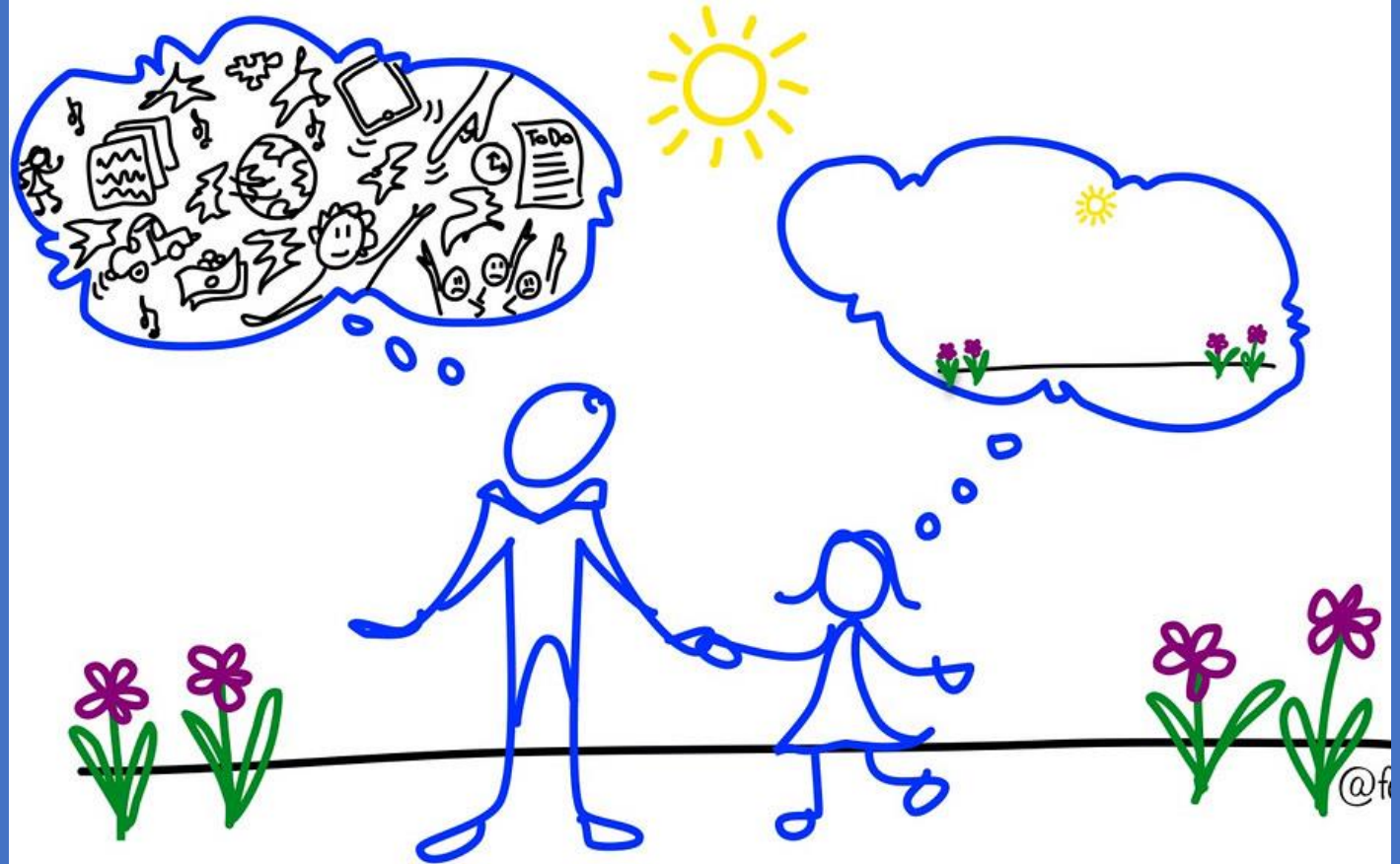


Becoming Mindful

Mind Full, or Mindful?



Session 1: 2 hour Module



- Introduction and virtual session preparation guidelines
 - Expressing Gratitude, Being 'Here & Now', connect with yourself and observe your breath
- Dharana : Practicing it everyday
- Footprints of Mindfulness :
 - Trash or Treasure
 - My Memorials

Can one grow if based on past negative experiences, there is lot of reliance on negative & generalised judgements?

 - Learning to 'Let go' : Letting go of Identification

Please note :

Between session 1 & 2, participants will receive Daily practices for 7 days. They have to follow the practice and share experience on the WhatsApp group that will get created once the participant registers for the course.

- Being Mindful
 - Using our Senses
 - Mindful Eating
 - Mindful Breathing
 - Mindfulness in relationships
- Body Scan Meditation
- Conclusion and update on weekly activity & WhatsApp group.

Session 2: 2 hour Module



- Sharing Experiences – Discussion on Daily practices
- Session Preparation
- Framework of Mindfulness
 - Dhyana :
 - Paristhiti
 - Manosthithi
 - Atmastithi

- Four Pillars of Dhyana :
 - Peace (Shanti)
 - Pleasure (Sukh)
 - Contentment (Santosh)
 - Bliss (Anand)
- Making Mindfulness part of you
 - Morning Dharana (Thought level, Emotion level, Physical level)
 - Observe your Eating
- Conclusion and wrap up

Optional :

We can share a few exercises and practices after the program to help participants imbibe the learnings better and have a deeper and profound experience.