

JOY AND STRESS REDUCTION WORKSHOP BASED ON MINDFULNESS

A LIFE SKILL WORKSHOP BROUGHT TO YOU BY

**MOKSH
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TO LIVE MINDFULLY IS TO AWAKEN ,BECOMING 'MINDFUL OF' WHAT'S HAPPENING IN HERE AND NOW AND TO EXPERIENCE IT IN A CLEAR DIRECT WAY - UNCLOUDED BY VARIOUS MENTAL OBFUSCATIONS. BY BEING MINDFUL WE BEGIN TO OBSERVE IN ACTION WHAT PSYCHOLOGISTS CALL '**DEFAULT MODE NETWORK**'. THIS IS THE NETWORK OF THE BRAIN THAT, AS SOME BRAIN SCAN STUDIES SUGGEST, IS ACTIVE WHEN WE ARE NOT DOING ANYTHING IN PARTICULAR – NOT TALKING TO PEOPLE, NOT FOCUSING ON WORK OR ANY OTHER TASK, NOT PLAYING A SPORT OR READING OR WATCHING A MOVIE.

IT IS THE NETWORK ALONG WHICH OUR MIND WANDERS . CUTTING EDGE RESEARCH SHOWS THAT A WANDERING, SCATTERED MIND IS NOT IN OUR CONTROL AND LEADS TO UNHAPPINESS, DISSATISFACTION, LOSS OF PRODUCTIVITY & MANY PHYSIOLOGICAL AND PSYCHOLOGICAL AILMENTS WHAT'S KNOWN TODAY AS 'LIFESTYLE DISEASES'

LIFE TODAY PRESENTS

- Huge Pressure to Perform
- A very busy schedule
- Too much media
- Lack of face to face communication
- Increased anxiety and depression
- A body/mind perpetually in fight or flight mode

THE RESULT

- Attention deficit
- Decreased efficiency
- Impulsive behaviour
- Increased anxiety and depression
- Sleep difficulties
- Social struggles



MINDFULNESS HELP DEVELOP

- Increased Stimulation of the pre frontal Cortex
- Better Focus and concentration
- Compassion and Empathy
- Increased calm and well being
- understanding of the working of our mind

THE RESULT

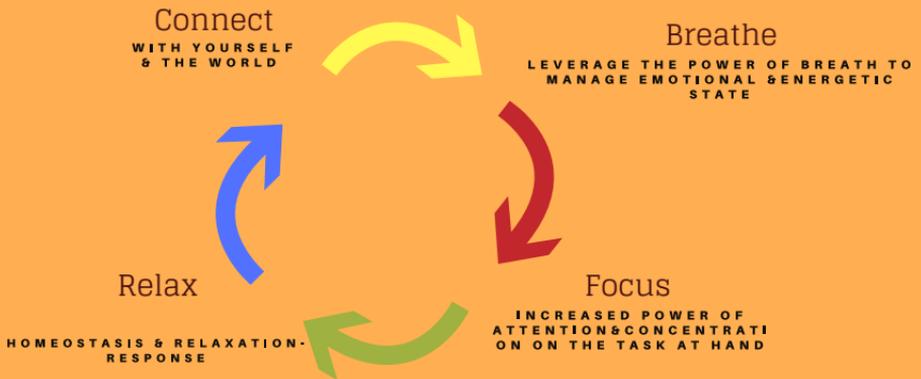
- Increased focus and performance
- Skillful response to difficult emotions
- Increased empathy and understanding of others
- Conflict resolution skills
- Happier, healthier people in control of destructive emotions



OUR JOY & STRESS REDUCTION WORKSHOP BASED ON MINDFULNESS IS A BEAUTIFUL MARRIAGE OF THE EAST AND THE WEST- CONTEMPLATIVE PRACTICES OF THE EAST BACKED BY CUTTING EDGE SCIENTIFIC RESEARCH (MINDFULNESS MEDITATION HAS BEEN ASSOCIATED WITH HIGHER LEVELS OF LIFE SATISFACTION, AGREEABLENESS, CONSCIENTIOUSNESS, VITALITY SELF - ESTEEM, EMPATHY, COMPETENCE, OPTIMISM, AND PLEASANT AFFECT. STUDIES HAVE ALSO DEMONSTRATED SIGNIFICANT NEGATIVE CORRELATIONS BETWEEN MINDFULNESS AND DEPRESSION, ANXIETY)

ONE OF THE FUNCTIONS OF THE MINDFULNESS PRACTICE IS TO INCREASE THE POWER OF ATTENTION, FOCUS AND CONCENTRATION LEADING TO INCREASED PRODUCTIVITY, WELL-BEING, STRESS REDUCTION AND HAPPINESS.

WE BRING THE PRACTICE WITHIN EVERYONE'S REACH IN AN EASY WAY KEEPING IN MIND THE HECTIC SCHEDULE AND THE BUSINESS OF MODERN TIMES. THE SESSIONS WOULD BE HELD AT YOUR PREMISES AND TYPICALLY LAST 2-3 HOURS.



"Until you don't make your unconscious conscious it'll run your life and you'd call it fate"

Carl Jung



A note about the mindfulness facilitator & coach

SIDHARTHA ADHIKARI IS A MINDFULNESS MEDITATOR AND HAS BEEN WITNESS TO THE MOST PROFOUND YET SUBLIME CHANGE THAT THE PRACTICE HAS BROUGHT ABOUT IN HIS LIFE. HIS PURPOSE IS TO BRING ABOUT A POSITIVE AND LASTING CHANGE IN THE LIVES OF PEOPLE HE TOUCHES AND HAS TRAINED/COACHED 20,000 PARTICIPANTS DURING HIS CAREER SPAN OF 18 YEARS. A NATURE LOVER AND AN AVID READER HAS A KEEN INTEREST IN NEUROSCIENCE, PSYCHOLOGY AND CONTEMPLATIVE PRACTICES.

Mind precedes all mental states; mind is their chief, they are all mind-wrought. If with a impure mind a person speaks or acts suffering follows him like the wheel that follows the foot of the ox.

- Dhammapada

 9810829859

MOKSH CONSULTING

32, Pink Apartments,
Sector 18 B, Dwarka,
New Delhi 110078
www.mokshconsulting.com

