

“SYNERGY FOR SUCCESS”

One Day Facilitation Workshop

on

“Mindfulness and Intuition”

Mindfulness and Intuition are module 4 & 5 of our
Spirituality Leadership Program in Action.

Synergistic Solutions is proud to redesign this program
Inside-Out to prevent accidents & create abundance for
human beings & their organizations.

OBJECTIVES OF THE PROGRAM:

MINDFULNESS

- Define Mindfulness
- Distinguish between Awareness and Consciousness
- Distinguish between Nature and Nurture
- Experience Meditation as an access to being Mindful
- Distinguish between mind Focusing and mind Wandering
- Practice Mindfulness

INTUITION

- Define Intuition
- Distinguish between Direct and Indirect Intuition
- Relate Senses with Intuition
- Choose a Sense to work with
- Invest in Sixth sense
- Practice with real situations

Date: 21st April 2018

Time: 0930 to 1730

Venue: The Fern, Chembur

Fees: Rs. 5,000/- + GST

Synergistic Solutions®



For Reservations Please Contact:

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