

# HEART-CENTRED WELLBEING

with RAJESH & SMITHA

July 15, 2023 to 14 August, 2023



*“Awareness is a way of life”*

Experience the joy of heart-centred wellbeing with Rajesh Ramani and Smitha Jayakumar. Focused on mental, emotional and spiritual wellness, this methodology blends ancient teachings and traditional practices from Eastern philosophy with modern Western psychology techniques.

Guided by Rajesh and Smitha, use the power of mindful awareness to connect to your true potential. By consciously changing the way you approach relationships, make decisions and interact with daily experiences, you can transform yourself, and your life, into a magical reality.

Rajesh and Smitha bring with them several decades of spiritual exploration and philosophical training. Both served as monks for substantial periods of time, and have extensive experience in guiding people through transformative changes in life and at work. They are the co-founders of Mindfulness & Beyond.

## JOALI BEING

*Please contact your Jadugar to book a session with Rajesh and Smitha*

### Package 1: Stress and Life Balance Process

Identify and resolve core stress symptoms, and build a personalised Life Balance Plan. Over three guided sessions, Rajesh and Smitha will help you reactivate your parasympathetic system, create healthy relaxation patterns, and develop a Stress-Free Toolkit for everyday living.

3 sessions x 60 mins  
USD 900

### Package 2: Inner Wellbeing Process

Learn to be at ease with yourself as you build self-confidence and restore emotional health. Supported by Rajesh and Smitha, you will resolve traumas, explore emotional patterns, and strengthen your relationships. At the end of three sessions, experience a sense of greater connection and fulfilment with your life.

3 sessions x 60 mins, 1 x 90 mins  
USD 1260

### Guided Experiential Journeys

(one per fortnight)

These contemplative, meditative journeys invite you to engage deeply with a specific aspect of your growth, wellbeing or transformation. **Living in Joy:** Taking a reflective journey to tune into joy and rediscover a fresh appreciation for life. **Dancing with the opposites:** Balancing the softer and stronger aspects of your personalities, to reduce inner conflict and discover clarity and conviction in action.

120-150 mins

USD 300 per person | minimum 4, maximum 12 people

### Group Workshops

(one per fortnight)

Application and workout-oriented group sessions to understand and apply tools and techniques on specific areas of life. **Engaging the heart at work:** Learn to engage with your clients and colleagues in an open, vulnerable and positive way while retaining your strength and balance. **How to build healthy and sustainable habits:** Understand the psychology behind your habits and learn the tools to build positive, healthy, sustainable routines.

90 - 120 mins

USD 250 per person | minimum 4, maximum 12 people

### Individual Mentoring & Meditation Sessions

These individual sessions are ideal for addressing specific challenges at work, in relationships and within oneself. Learn to manage change in a holistic way, and create the next level of personal growth and expansion.

90 mins, USD 390

60 mins, USD 340

# JOALI BEING

*Please contact your Jadugar to book a session with Rajesh and Smitha  
All prices subject to 10 percent Service Charge and 16 percent Government Tax*