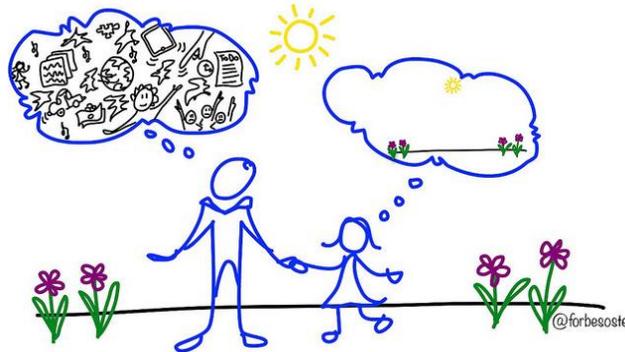


SHORT COURSE
EXCELLENCE AT WORK & RELATIONSHIPS WITH YOGIC CONSCIOUSNESS
Ideal for those Engaged in Stressful Activities

Mind Full, or Mindful?



(Ref: Image by Heidi Forbes Oste on Flickr, under Creative Commons License)

Dr J D Bapat, announces the following **Day Short Course** for the benefit of young achievers, corporate executives and professionals engaged in stressful work (in sales, marketing, project, IT, engineering, medical, public service). It aims at eliminating the stress, not just managing.

Title: EXCELLENCE AT WORK AND RELATIONSHIPS WITH YOGIC CONSCIOUSNESS

Experience Sharing: Dr J D Bapat

Author of the Book: **BLISSFUL SOULS ALL OF US**

View book details: <http://www.drjdbapat.com/my-book-blissful-souls>

Medium of Instruction: English (explanations in Marathi/Hindi, as required)

Days: 1 to 5

Time: Suitable for participants

Venue: Organiser's choice

Contact: Dr J D Bapat on (i) consult@drjdbapat.com or (ii) consult.bapat@yahoo.com

Topics: In the workshop, Dr J D Bapat shares his experience on how Yog: controlled breathing (pranayam) and meditation, can be used to develop the mind to effectively face the challenges of modern life, namely stress, guilt, disappointments, worries, fears and so on, to achieve excellence at work and relationships. Practical sessions will be conducted on meditation and controlled breathing (pranayam). The following topics will be covered, based on the personal experience, as included in the book mentioned as above:

- (a) Nature of Self: Conceiving the Inconceivable
- (b) Meditation: Having appointment with the Self
- (c) Mind-Body Medicine for Good Health
- (d) The Mantra for Success without Distress
- (e) Being Soulful: Building Durable Personal Relationships
- (f) The Soul's Journey: Writing the Destiny
- (g) Chakras, Psoas, Medulla Oblongata and Gut Feeling
- (h) Mining the Happiness Within

World-renowned neuroscientist Richie Davidson (at the Center for Investigating Healthy Minds at the University of Wisconsin-Madison):

"We can intentionally shape the direction of plasticity changes in our brain. By focusing on wholesome thoughts, for example, and directing our intentions in those ways, we can potentially influence the plasticity of our brains and shape them in ways that can be beneficial. That leads us to the inevitable conclusion that qualities like warm-heartedness and well-being should best be regarded as skills".