



## Prajñā Yoga

Date: 7<sup>th</sup> Dec. 2017

Dear Parents,

SSA is organising the Prajñā Yoga (Intuition Process) at the **School Venue on 12th and 13th Dec. 2017 (Tuesday and Wednesday)**. An effective and powerful program from the Art of Living for children and teenagers, Prajñā Yoga enables them to tap into their intuitive abilities. Participants learn simple and powerful techniques which enable them to access, cultivate, utilise and maintain their inherent intuitive abilities. This ability is demonstrated through various blindfold activities, such as reading, colouring and through games.

The participants learn brain activation exercises, designed specifically for their particular age. They are guided through meditation and relaxation techniques designed by the Art of Living, which is the key tool for accessing their intuition. They also receive instructions on how to practice at home.

### **BENEFITS**

- ***Get the right thought at the right time:*** being in a dynamic yet relaxed state of mind leads participants to get the right thought at the right time. This alone is the most important ability which helps them cope with any life situation.
- ***Improved academic abilities:*** participants have reported increased interest in their studies, development of a photographic memory and ease in answering exams, to name a few abilities.
- ***Improved communications and relationships:*** parents have reported that they observed a marked positive behavioural change in their children after they participated in the Intuition Process. They are able to understand their parents better, aggression has come down and they are more polite and patient.
- ***Removal of fears:*** participants have reported that they are now free of fears, for e.g, one participant reported he is no longer afraid of dark rooms.
- ***Improved awareness and foresight:*** participants (and parents) have reported that they are more aware of their surroundings and also get flashes of foresight which guides them in studies and in sports.

### **Junior Group (5-8 years) for 2 days, from 3.00-4.30pm**

Please sign the consent slip and attach a crossed / account payee cheque for Rs. 10,000/- in the name of VVKICRF. The form and the payment for the course should reach the school front office latest by Monday, 11<sup>th</sup> Dec. 2017. For any queries please call :7044058017

Principal.

.....Please sign and return.....

I would like my child..... Class..... Sec..... to participate in the Intuition Process Course on 12<sup>th</sup> and 13<sup>th</sup> Dec. 2017.

### **Payment: Cheque**

If paid by Cheque: Cheque No.: ..... Date: ..... Bank: .....

Parent's Name: ..... Sign:..... Date: .....