



Corona Challenge – Let us Evolve Together

An online workshop preventing problems caused by isolation and discovering inner peace, happiness, and wisdom

Many great masters go to voluntary isolation, going into Himalayas or retreat into solitude to awaken to inner peace, happiness, love and wisdom. why not apply the wisdom and practices during time of isolation due to Corona Virus pandemic?

The sessions offer

- Teachings on the principles of self-discovery and turning isolation into opportunity
- How to apply these principles into daily life
- Guided practices of raising immunity, enhancing awareness, deep relaxation and awakening to inner peace.
- Question and Answer, Group Sharing and follow up

Our upcoming discussions include:

1. How to turn isolation into silence within for inner peace?
2. How to overcome fears in time of crisis?
3. What is our true nature and how to use time at home to discover it?
4. How to live and work peacefully with Corona Pandemic?
5. How to change the mind to change the brain to awaken fearlessness, peace, and happiness?

When and where

Google hangouts – virtual session online through invitation

Duration 60 minutes

Mondays at 6pm and Thursdays at 8am Arizona, Phoenix Time

Thursdays at 4.30 pm, NJ, NY time, USA

Contact –

Girish: info@girishjha.org Lara: om3yoga1@gmail.com

Je're: info@collectivewon.com web: www.girishjha.org

Blog: www.girishjha.us

About the Program

The lessons come from Eastern Wisdom that is over 6000 years old; supported by 3000 teachers and texts. The texts serve as manual for self-discovery leading to inner peace and happiness. The teachings of ancient masters serve as personalization of the practices that will benefit us all.

During this time of crisis, experts say that we should safeguard ourselves and others around us. This is what the the ancient masters teach us in eastern wisdom although a little differently. Our essential nature is permanent peace, happiness, love and wisdom. When we engage, educate, and empower the mind to experience the state of inner calm, peace, and happiness; we become free from challenges of isolation, fear, and anxiety. We can help people around us with the same

Private Personalized Sessions online on request Requirements

