



## Young Excellence Program



**IMPROVE** → Concentration, Right & Left-Brain balance, Health, Creativity, and Morale

**MINIMIZE** → Anxiety, Anger, Agitation, disturbed sleep and violence

**MANAGE** → Stress, Peer Pressure & Drug Abuse

**AWAKEN** → Love, Energy, Awareness and Peace (LEAP) in School or at Home

### Who we are?

We help young managing stress, achieving well-being and discover inner peace, compassion, happiness and harmony.

### The source and inspiration

The 6000 years old Eastern Wisdom aims at awakening inner potential with hundreds of practices given in a scientific manner, brings the best in kids and youth.

### 4TS approach

The story telling approach meets brief Talk, Technique, Training and Tips to learn and empower the youth.

### Who can join?

Any kid ranges from 5-17 years of age and above will find the program highly beneficial.

### Team:

**Girish Jha**, MA, BS mentoring for 40+ years to youth, military, executives, engineers, and IT professionals.

P Casey Maples,

### Participants will learn

- What is our true nature and how to find it?
- How mind works? Why mind needs to be disciplined and educated to excel in life
- How to discover physical, mental and emotional relaxation and calm within oneself?
- Why to cultivate positive emotions, attitude, right motivation and confidence.
- How to raise self-awareness to awaken to Love, Compassion, Energy and Peace.
- How to handle difficult and challenging situations at school, at work and home?
- How to increase focus, retention, memory and power within oneself?
- How to work for self-development daily and weekly?
- Practices are simple, easy and effective introduced with digital delivery of audio files: relaxation - mindfulness, Self-Awareness, Physical-awakening subtle practices, Energy Ascending, Sound resonance mantra, Asana, Pranayama, Mudra practices.
- Talks includes: mind -cause of suffering and happiness, discovery of our true nature, right notion and thinking, Essentials of Karma to excel, living in the world preventing the world to live within for deepening peace and happiness.

The program is delivered in three levels-1-2-3

**Online / in person / private/ group / classroom modules available on request**

Write Email: [info@girishjha.org](mailto:info@girishjha.org) web: [www.girishjha.org](http://www.girishjha.org) Blog: [www.girishjha.us](http://www.girishjha.us)