



Eastern wisdom for you @home and @ work

Blog: www.girishjha.us Web: www.girishjha.org

Email: info@girishjha.org

Personal, professional, social excellence in life - inner peace, happiness, love and wisdom Free from cult, dogma, belief and religion; discover inner peace and happiness

Eastern wisdom 6000 years' long-standing tradition supported by 3000 teachers and texts. Every teacher including Buddha, Patanjali, Shankara, Sri Aurobindo had applied the same principles but offered different personalized practices.

We customize the program for you

The program helps one to discover one's true nature of inner peace, happiness, wisdom, love & truth.

Who can join?

Anyone facing challenges in personal, professional, social lives and ready to change

How we do it?

Interactive brief talk on the principles, guided practice, sharing of experience,QA

Requirement

- Self-inspired to learn and practice the guided techniques
- Ready to educate from your experiences.
- Motivated to discover inner peace and happiness

What eastern wisdom teaches YOU

- Refuse to be miserable.
- Discover peace and happiness (always within you)
- Evolve and help everyone to evolve

Eastern wisdom helps you at every step

- Aims at discovery of our true nature.
- True nature – truth, wisdom, love, bliss & witness
- Subjective reality – Experiencer and Seer

Eastern wisdom for everyone

- Manage pain (Anxiety, Stress, Phobias, physical pain, asthma, relationship challenges etc.),
- Achieve well-being and awaken to peace and happiness (personal, professional, development and awakening)
- live & work 24X7 in Mindfulness





Our Approach

- Non-pharmaceutical, drug free, lifestyle changing tools, natural simple, easy, conscious evolution and transformation in life, awakening to peace, happiness, harmony, wisdom and truth:
- Our programs include 6 out of 10 of the most recognized non-pharmaceutical approaches suggested by the National Institute of Health.



Our programs – Play- Fun - joy

All our programs are full of play (to practice depends on your mental and physical states), Fun (no strings attached & at your pace to change) and joy (inner peace and happiness).



Girish Jha, MS, BS

- Consultation & Learning Session Pricing 2018
- Initial Email, Phone or Skype Consultation - No Charge

Corporate program fees are different, please send email at info@girishjha.org

One 1 Hour On-Line Session -

\$150

Three 1 Hour On-Line Sessions -

\$425

Ten 1 Hour On-Line Sessions -

\$1350

On-site, In Your Home/ One 1 Hour Session

\$250

Three 1 Hour Sessions -

\$700

Ten 1 Hour Sessions -

\$2000

Sessions are limited to 1 people; however, one member of family may join. Additional attendees will require separate fee. 24 Hour advance cancellation is necessary. Packages expire within 6 months of purchase. Refunding is unavailable.

Blog: www.girishjha.us Web: www.girishjha.org Email: info@girishjha.org