



Yoga of Mind

Ignorance about the **POWER OF INTEGRITY** may result in suffering as fragmented beings with a constant sense of incompleteness reflecting in behaviour as lack of confidence, shyness, poor communication, fear of failure & unhappy relations.

*Concentration
Study Skills*



*Contemplation
Professional Commitments.*



To think rationally, communicate effectively, act responsibly & lead successfully **Yoga of Mind** trains people to develop integrity in personality and hence enjoy harmony in life

You may be a student, parent, educator, administrator, bureaucrat or a corporate. To be successful and happy in life, **integrity is essential.**

WORKSHOP on yoga of mind helps you develop INTEGRITY in PERSONALITY and experience HARMONY IN LIFE.

Upcoming workshop in Chandigarh;

Dates: June 14, 2014 and 15, 2014

Time: 5:30pm to 8:30Pm (on 14th June) & 11am to 2pm (on 15th June)

Venue: #2327 sector-22C.CHANDIGARH

To Enrol Call Now: 09958595003, 09888424240, 09915755177
For Online Programs: Login to : www.yogaofmind.com

About Mohan Ray

A former School Principal, Pioneer: Healthy Handwriting with 26 years experience in teaching and training at different levels, **Mohan Ray is the pioneer: Yoga of Mind**-the science of self education. He has conducted more than 1000 workshops for IAS, IPS Students, Teachers, Doctors, Army officers & Corporates on Handwriting, Graphology & Personality Development.



Why Yoga of Mind?

Formal education without self education doesn't guarantee success and happiness. Research shows that formal education is not complete education. Formal education educates about others and the world around. It tries to prepare for this competitive world but competitive world is full of struggle and misery. This incomplete education does not prepare for happiness and harmony in life. Yoga of Mind educates and trains to develop a guidance system for self-use. It trains to develop the capacity of mind. It helps to learn to integrate, organize and balance all faculties of mind so that one can access, strengthen and use one's intelligence power to the fullest.

Yoga of mind is developed with a single goal to help people to develop integrity in personality and harmony in life. Yoga of mind is very simple. It can be practiced with small kids also.

What is Yoga of Mind?

Yoga of Mind is different from commonly known yoga or meditation taught commonly by practitioners/ teachers/swamis/rishis/gurus etc. Yoga of Mind is a science of self education, totally focused on developing powers of concentration and contemplation. It empowers one to understand all aspects of the self like animality, humanity and divinity and accept oneself completely at all levels. It improves one's self-image and hence trains one to learn to live with dignity.

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