

{21 days}
Meditation &
Healing Workshop



Journey to
Self-Discovery and
Strengthening Inner Power

07 - 27 Oct, 2024



Facilitated by:

Swati Amrit

Life Coach, Certified Reiki, Chakra
& Energy Healer



Overview of the workshop



The **21-Day Self-Discovery and Strengthening Inner Power Workshop** is a holistic healing program designed to elevate your physical, mental, and emotional well-being. Through 21 thoughtfully themed guided meditations, you'll cultivate mindfulness, relaxation, and balance as you explore the depths of self-discovery, release limiting patterns, and embrace personal growth.

This program not only nurtures a resilient mindset that uplifts your spirit, fosters gratitude and self-compassion, and invites abundance, but it also inspires you to reflect more deeply on your life's journey.

What's included in the workshop:



21 Days of Live Sessions

Engage in daily live workshops that guide you through your journey of self-discovery and inner strength.



21 Guided Meditations

Experience transformative meditations that deepen your connection to self and foster growth.



Stretches and Asanas

Unlock and release blockages in the body and energy centers with gentle stretches and simple asanas.



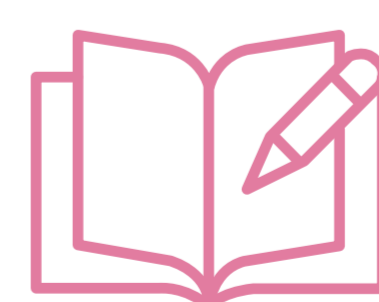
Breathing Techniques

Calm your mind, ease tension, boost brain function, and sharpen mental clarity with focused breathing exercises



OM Chanting

Cleanse your aura and achieve profound relaxation with the powerful practice of OM chanting.



Daily Journaling Prompts

Deepen your awareness and reflection with carefully crafted prompts to guide your inner exploration.

Program structure & details



Details

| | |
|------------------|--|
| Duration: | 21 days / 21 sessions |
| Session Length: | 1 hour daily |
| Energy Exchange: | INR 3000 |
| Location: | Online (accessible from anywhere) |
| Time: | 8 pm to 9 pm preferable (May change based on the convenience of the group) |
| Start date: | 7th - 27th Oct |

21 days structure

| | Week 01 | Week 02 | Week 03 |
|-----|--|---|---|
| | Foundations of self-discovery Gentle introductions to meditation, building awareness and comfort | Deepening your awareness Moving into deeper self-reflection and inner exploration | Empowering inner strength with chakra activation Intensifying the practice to strengthen inner power and resilience |
| Mon | Introduction to the journey | Sensory awareness | Root chakra activation |
| Tue | Grounding and awareness | Visualizing your safe space | Sacral chakra activation |
| Wed | Centering and stability | Release through breath | Solar plexus chakra activation |
| Thu | Emotional awareness | Inner child healing | Heart chakra activation |
| Fri | Inner strength | Count your blessings | Throat chakra activation |
| Sat | Compassion and self-love | Visualizing the future self | 3rd eye chakra activation |
| Sun | Relaxation with yog nidra | Chakra awareness | Crown chakra activation |

Each meditation session will be complemented by body-opening asanas, varied breathing techniques, and OM chanting to enhance the overall experience.

Who should participate in the workshop



Who should participate in this workshop?

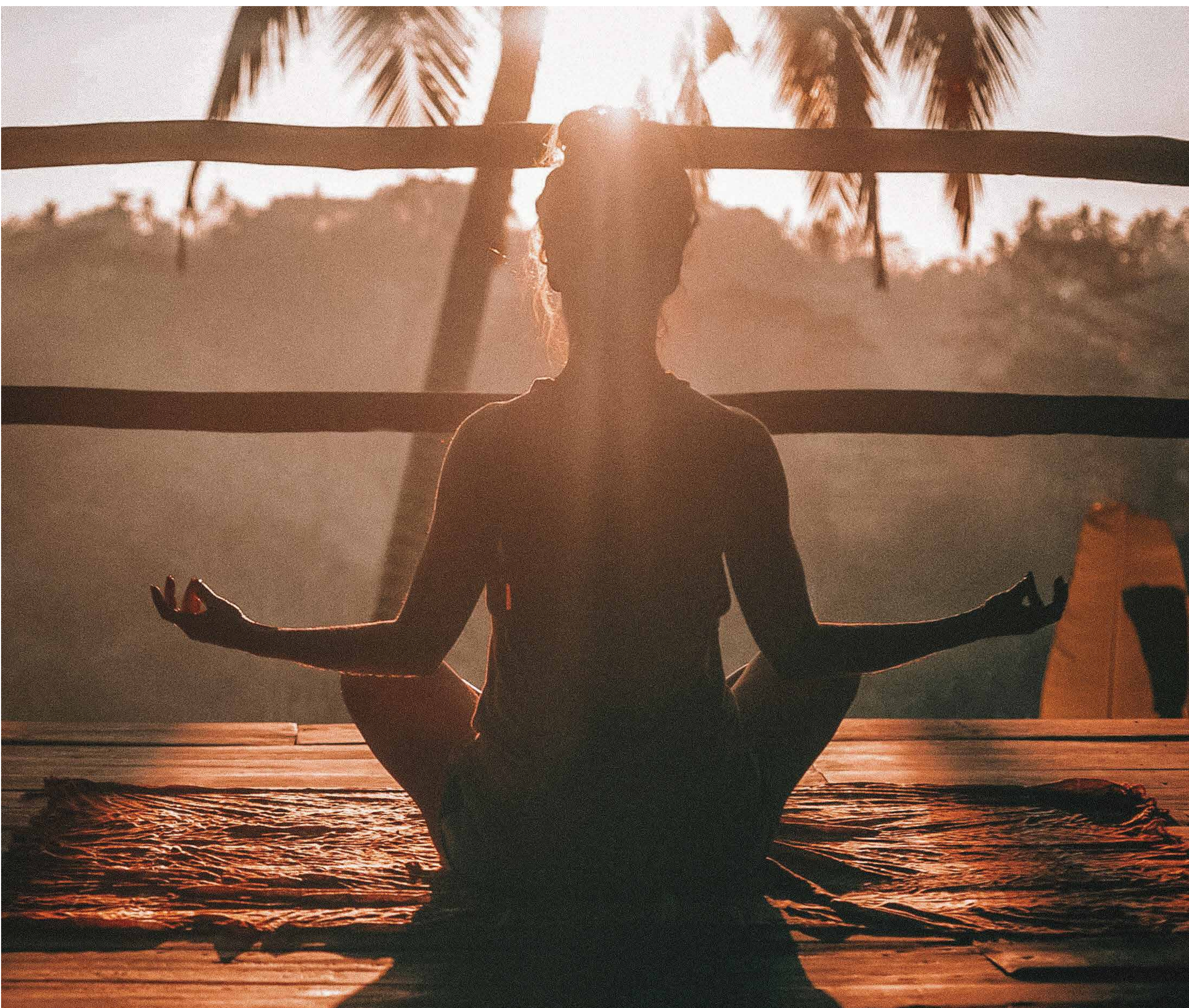
Individuals Seeking Self-Discovery: Perfect for anyone eager to explore their inner self and embark on a journey of personal growth

Those Looking to Strengthen Inner Power: Ideal for those wanting to build resilience, confidence, and a deeper connection with their inner strength.

People Interested in Holistic Healing: If you're interested in integrating mind, body, and spirit through meditation, breathing techniques, and physical practices, this course is for you.

Beginners to Experienced Practitioners: Whether you're new to meditation and mindfulness or have been practicing for years, this course offers something for everyone.

Anyone Facing Life's Challenges: If you're navigating stress, anxiety, depression, transitions, or emotional difficulties, this course provides tools to support your well-being and enhance your emotional resilience.



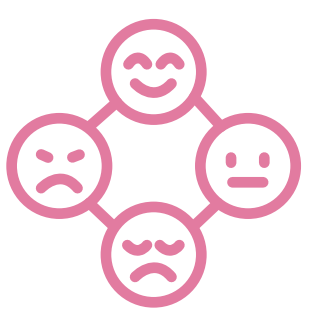
Benefits of the workshop



How this workshop can benefit you?



Deep Self-Awareness: Gain clarity on your thoughts and emotions, leading to more mindful and intentional decision-making in your daily life.



Emotional Resilience: Strengthen your ability to handle life's challenges with ease, maintaining emotional balance even in stressful situations.



Inner Strength & Clarity: Build confidence and inner power, enhancing your focus and determination to achieve personal and professional goals.



Holistic Well-Being: Foster a balanced connection between mind, body, and spirit, promoting overall health, vitality, and emotional growth.





Lasting Growth: Implement positive lifestyle changes and cultivate self-compassion, leaving the workshop with tools for ongoing self-discovery and transformation.

The process to book your seat



The process to book your seat:

- 01** **Ensure you've reviewed the workshop details** and acknowledge the 21-day commitment
- 02** **Click on "Book your seat"** to start the registration process → 
- 03** **Fill your basic details** (fill in your authentic details so we can contact you for updates)
- 04** **Provide consent** (this is essential for reducing any risks)
- 05** **Make payment on given details** (UPI or bank details)
- 06** **Ensure you "Upload the screenshot" of your payment**, so we have the records
- 07** **Click "Done"** so we can receive all your details necessary for the workshop
- 08** **Join our WhatsApp community** for any questions, support or real-time assistance → 

Energy exchange:
INR 3000

Book your seat

 **Join our tribe**

Fee rules:

Non-refundable: Fees are non-refundable once paid

Non-transferable: Fees cannot be adjusted to other courses or services

Forfeiture: Fees are forfeited if not utilized within the scheduled time

Fee changes: Fees are subject to change; advance payment locks in the current fees

Frequently Asked Questions



Frequently Asked Questions (FAQs)

Can this program be completed more quickly?

The program is structured over 21 days to ensure a comprehensive and immersive experience. This timeline allows for gradual integration of practices and optimal results.

Do we offer recordings of each session?

Yes, recordings are available for 24 hours after each session. This allows participants to revisit key points, take notes, or re-experience the healing meditation.

What if I miss a class?

If you miss a live session, you can access the recording to catch up on the material. Remember, this recording is only accessible for 24 hours. This flexibility helps you stay on track with the program.

How is this meditation different from others?

Our program combines a unique blend of meditation techniques with holistic practices such as stretching, breathing exercises, and OM chanting. This comprehensive approach is tailored to enhance the balance within.

Will this program help with stress, anxiety, or emotional challenges?

Yes, the program includes practices designed to support emotional resilience, reduce stress, and address anxiety. It offers tools and techniques to enhance overall well-being and manage life's challenges effectively.

What are the main goals of this workshop?

The primary goals are to deepen your self-awareness, build emotional resilience, enhance inner strength, and promote holistic well-being. The program is designed to support lasting personal transformation.

How can I get the most out of this workshop?

To maximize your experience, engage fully in daily practices, attend live sessions, and utilize the provided resources consistently. Active participation and commitment are key to achieving the best results.

Reach out to us for any other queries only through WhatsApp:

 WhatsApp: +91 90110 18262



Swati Amrit

Life Coach, Certified Reiki,
Chakra & Energy Healer

Dear souls,

Before transitioning to my role as a Life Coach and Energy Healer, I built a distinguished career in the Education and Research sectors. I managed several esteemed pre-schools, overseeing all aspects of operations and providing valuable counseling to parents and grandparents. In my role as a Freelance Researcher, I assessed a variety of government and non-government programs as a third-party auditor, conducted training sessions, and performed detailed surveys. Additionally, I acted as a liaison between village residents and government and corporate officials.


These diverse experiences have sharpened my ability to quickly grasp individual perspectives and offer customized guidance. They also enrich my practice, allowing me to deliver profound and empathetic support to individuals on their spiritual and personal journeys.


About Surging Soul

Surging Soul was created to help individuals reconnect with their true essence and rise above life's challenges. We believe every soul can experience a powerful upliftment that transforms their being.

By blending ancient wisdom with modern techniques, we guide individuals toward inner peace and joy. Through personalized support, we provide tools and insights to turn emotional obstacles into opportunities for growth.

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