



Eligibility: 16 years+

Duration: 8 weeks (8 sessions)

To confirm your seat visit:

www.pragyaanioe.org/harmony-in-

and-out

ENROLL TODAY

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HARMONY IN AND OUT

Pragyaan Institute Of Excellence And Coaching Centre Life throws many surprises at us, and while we cannot predict the outcome of any situation, we can take control of how we respond to certain situations. Here, you'll learn about acceptance and how to exert your power of choice over whatever life may throw at you.



Expand your horizons and pave the way for the future!

CONTENTS

LETTING GO AND
WHEEL OF LIFE

VAKOG AND ABC FORMULA

EYE PATTERN AND
YOGA MUDRA

PRESUPPOSITION OF N.L.P
AND GRATITUDE

ANCHORING AND
MIRACLES OF BREATHING
CYCLE

FEEDBACK SANDWHICH AND YOGA NIDRA

LOVE WITHIN AND N.L.P

SESSION 8

INSTANT RELAXATION AND DO'S & DONT'S

