

An Integrated One Day Training For Freedom from Stress



Relax your way to health and creativity

A surfer enjoys riding on might waves in the ocean. But, if you didn't know swimming, you could feel intimidated even to go near still waters.

Our feelings are, often, comments on our capability to respond to a situation than a reflection on the situation itself.



You may avoid learning to surf on waves...

But you'd certainly want to learn how to - as some of your friends could - remain cool like cucumber when things hot up!

How wonderful it would be if you could avoid any medical bills caused by stress related problems, at these critical times?

Come Relax: body, mind and spirit!

Effective self massage could boost up your immune system that is devastated by depression.

Using Psychology of NLP, you could energize your brain to lead you creatively.

A few minutes in quiet breath awareness could revive your spirits...



Learning all three skills - self-massage, NLP and meditation - you take care of your entire Self: Body, Mind and Spirit!

A Unique, Multi-Talented Trainer

ARULRAJA



- ✚ NLP Master Practitioner, Author.
- ✚ Authored a Training Manual for ILO
- ✚ Masseur for 30 years! Published articles on therapeutic massage in 1998-99
- ✚ Trained/lived as Jesuit for 21 years: introduced to Western and Eastern meditations.
- ✚ Has degrees in Economics, Philosophy, Theology and Law
- ✚ Successful Training Manager: Pvt Ltd Co
- ✚ Trains Managers, Staff, Officials (IAS, IFS, IRS) and rural self help leaders.
- ✚ Can Transform Behaviour by instilling an entrepreneurial spirit in YOU!

"Using a psychological tool - Neuro-Linguistic Programming - Mr. Arulraja has effectively proved that it is possible to address the challenges arising from the mind."

- Dr. Varghese Kurien, Founder Chairman, AMUL Dairy

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