

YOGAKSHEMA'S NEUROSCULPTING WORKSHOP Series presents

A WORKSHOP ON THE ART & SCIENCE OF MINDFUL LIVING

The ability to see choice where others see none, the ability to create possibilities in the midst of challenges, the ability to break the chain of habitual reactions that so govern our life...

The modern life and lifestyle is indeed challenging and full of mental conflict. We find ourselves in overwhelming situations at home, at work and in society. We are constantly in search of clarity of thought and of action. Indeed, we are caught up in a tangle of our own self-generated conflicts.

*Can life be made simple?
The answer is YES!*

Dr. Usha Vasthare, the founder of Yogakshema, is a Neuroscientist and a former faculty member of Temple University School of Medicine, Philadelphia. She has authored 4 books and 70 neuroscience research papers.

Dr. Usha Vasthare holds the scientific-approach-key to all our inner turmoil. The **Neurosculpting Workshop series** takes us on a transformative path guaranteed to introduce us to a new perspective and enable us to develop a positive approach towards our way of living.

The workshop **translates the principles of Neuro-scientific studies and concepts** to enrich the quality of everyday living in a very practical way. Learning and understanding the parts of the brain and its different centers and how they function unravels the working of our mind. A scientific understanding of these thought patterns and effective mind-training practices result in understanding the mind and ***The Art & Science of Mindful Living.***

This Mindful way of Living results in harmonization of and clarity in our Thoughts and Actions , mastering Meta-cognitive skills, building Mental Resilience , controlling Automatic Negative Thoughts and understanding and managing our Stress Responses.

These practices in totality result in a relaxed, healthy and holistic style of living and wellness of being.

Contact us at
99809-93850

Email: yogakshema.india@gmail.com

Website: www.yoga-kshema.org

YOGAKSHEMA REHABILITATION &
WELLNESS CENTER

