



MINDFULNESS MUSIC AND MEDITATION

A flavour of Sampooranam

WHAT IS SAMPOORNAM?



Sampoornam is a complete holistic healing centre. It is situated in the midst of majestic mountains on the banks of lake Pawana where nature, stillness and freshness work their magic. A five day program here is the beginning of your own healing through the awareness of your unique inner pattern along with other healing techniques that encompass and align the mind, body and spirit.



WHAT DO WE OFFER YOU?

We offer bite sized workshops.....

In your space, that have been tailor made for wellbeing.....

And carefully curated with the intention of becoming aware of the real reason of stress.....

And an insight into one's own pattern.....

With an introduction to witnessing.....

Giving an experience of oneness and peace within



HOW DO WE OFFER?

We use

- *specially designed unique processes called WISE (Witnessing the Inner Song Experience) that introduce you to mindfulness.*
- *music in form of melody, rhythm and movement*
- *And a 4- step Meditation method.*



FACILITATORS

Dr Rajan Sankaran and team



SOME DETAILS AND REQUIREMENTS

DURATION:

3 HOURS

IDEAL NUMBER OF PARTICIPANTS:

20-50 (RANGE)

ELIGIBILITY:

All Above 15 Yrs

FEES:

We appreciate if you could make use of your Corporate Social Responsibility funds to make a contribution to the Homeopathic Research and Charities

OTHER REQUIREMENTS:

Pen, Writing Pad, Tissues,
Mikes, Screen + Projector For
Power Point



ANY OTHER DETAILS

[Website: www.sampoornamhealing.com](http://www.sampoornamhealing.com)

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