

PURIFY YOUR MIND
Supernova Yoga Workshop



Supernova Yoga Workshop

What is a Wellness Program?

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A wellness program is an organized and coordinated program that aims to enhance the physical, emotional and mental health of a person. Depending on the setting,

A wellness program also may promote vocational and spiritual well-being.



Wellness programs are established for use by people at home, for employees of a company or for members of an organization, club or religious institution.



Activities

Wellness programs typically include activities such as weight loss competitions, exercise, stress management or resiliency education, smoking cessation programs, and wellness assessments that are designed to help individuals or employees eat better, lose weight and improve their physical health.



Why?

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Wellness program helps reduce tensions in the workplace, promote camaraderie among employees and enhance productivity while minimizing absenteeism.



Mandatory



To make sure employees participate in the program, employers typically impose mandatory employee seminars, staff training or even hire a third-party provider with a variety of wellness programs.

Employers often are willing to pay for the program, as health and wellness greatly affects productivity and profits.



“

If with a pure mind a person speaks or acts, happiness follows them like a never-departing shadow. Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draw it.

”

Buddha

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Wellness



Meditation



Exercise

The Supernova Yoga is a wellness program designed to maintain and improve well-being of a person.



Consciousness

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The highest objective of the spiritual nature of man is to acquire complete consciousness through union with the Divine Light.

Such a restless mind is far from enjoying the pure joy of Divinity.

But such a goal becomes almost impossible to be achieved when we let our mind run amok, sometimes giving into demands of the Ego, sometimes obsessed with ambitions and desires and other times trying to defend the acquired physical possessions.

Man can acquire heightened mental and physical powers through developing the spiritual realm.

But this can happen only when man is right perception through thoughts and observation.

The helpless Mind is often left in predicament of making the right decisions all the



But why is it difficult to know the right from the wrong? In our waking state, the mind perceives the whatever is seen or heard in the physical world and then also untiringly works with the ideas and thoughts hovering in the mind.

Helpless Mind



The Nebula Way

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It's time to change the ways of the mind and Go Nebula way. Supercharge your life with Nebula Supernova Yoga workshop. It's the modern spiritual guidance for the Gen Z.



Highest human achievement is the conquest of the mind. “He who has conquered his mind can easily conquer the world”. In simple terms, to conquer the mind means keeping it clean and free of impurities caused by unwanted or negative thoughts.



Wellness Dimensions



Topics Covered In the Workshop

- Interpersonal Communications
- Stress Management
- Healthy Lifestyle
- Mental Health
- Financial Wellness
- Overcoming Addictions
- Positive Mindset
- Leadership Skills
- Depression
- Enjoying Life
- Spiritual Wellness
- Meditation

- Caring for your body to stay healthy now and in the future
- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others
- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life
- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community
- Finding purpose, value, and meaning in your life with or without organized religion

What You Will Learn?

- Participating in activities that are consistent with your beliefs and values
- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding
- Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies
- Being aware that everyone's financial values, needs, and circumstances are unique

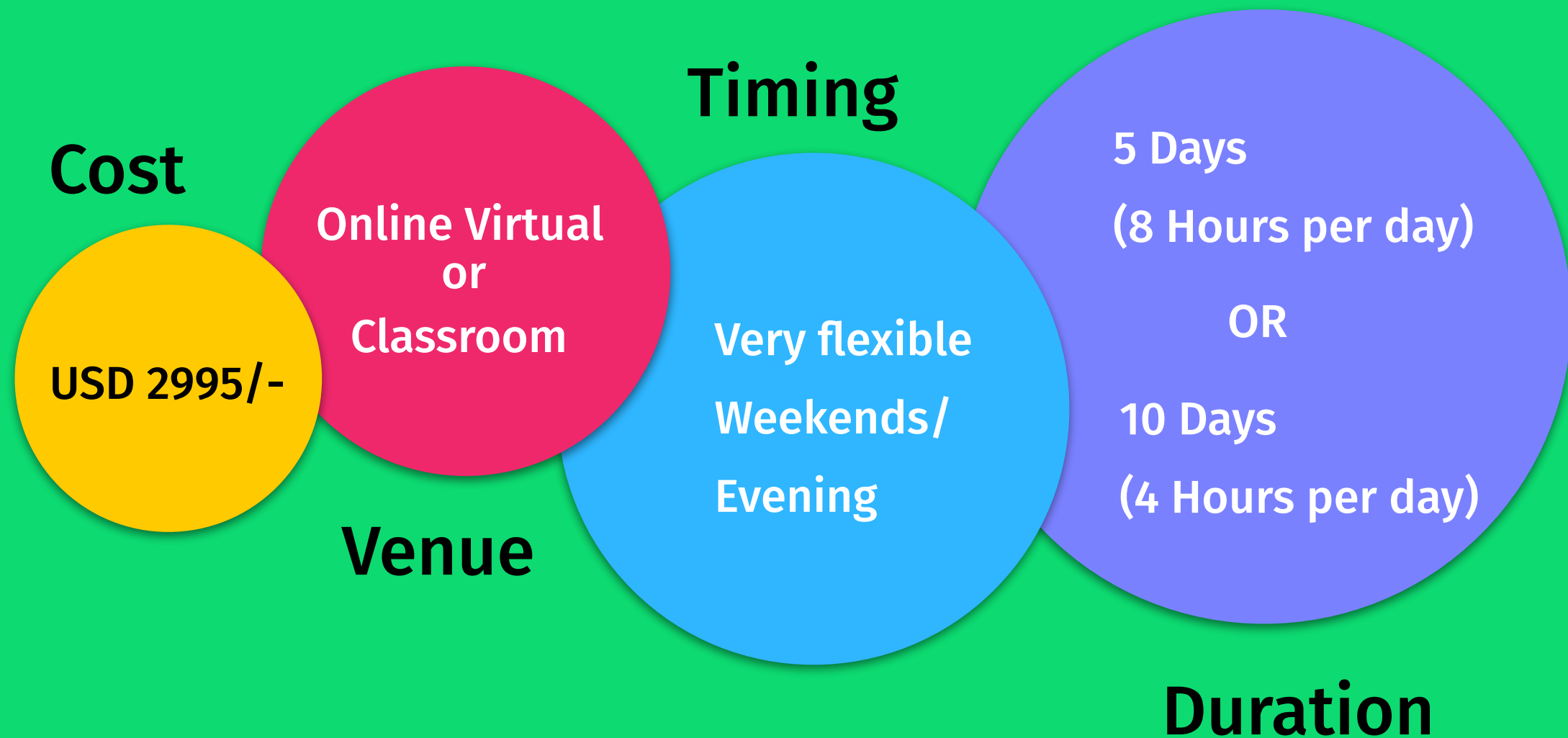
- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet



What You Will Learn?

Workshop Details

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You will receive this amazing retro style certificate after completing the Supernova Yoga workshop. You will be awarded the title:

Nebula Certified Wellness Professional

Certification

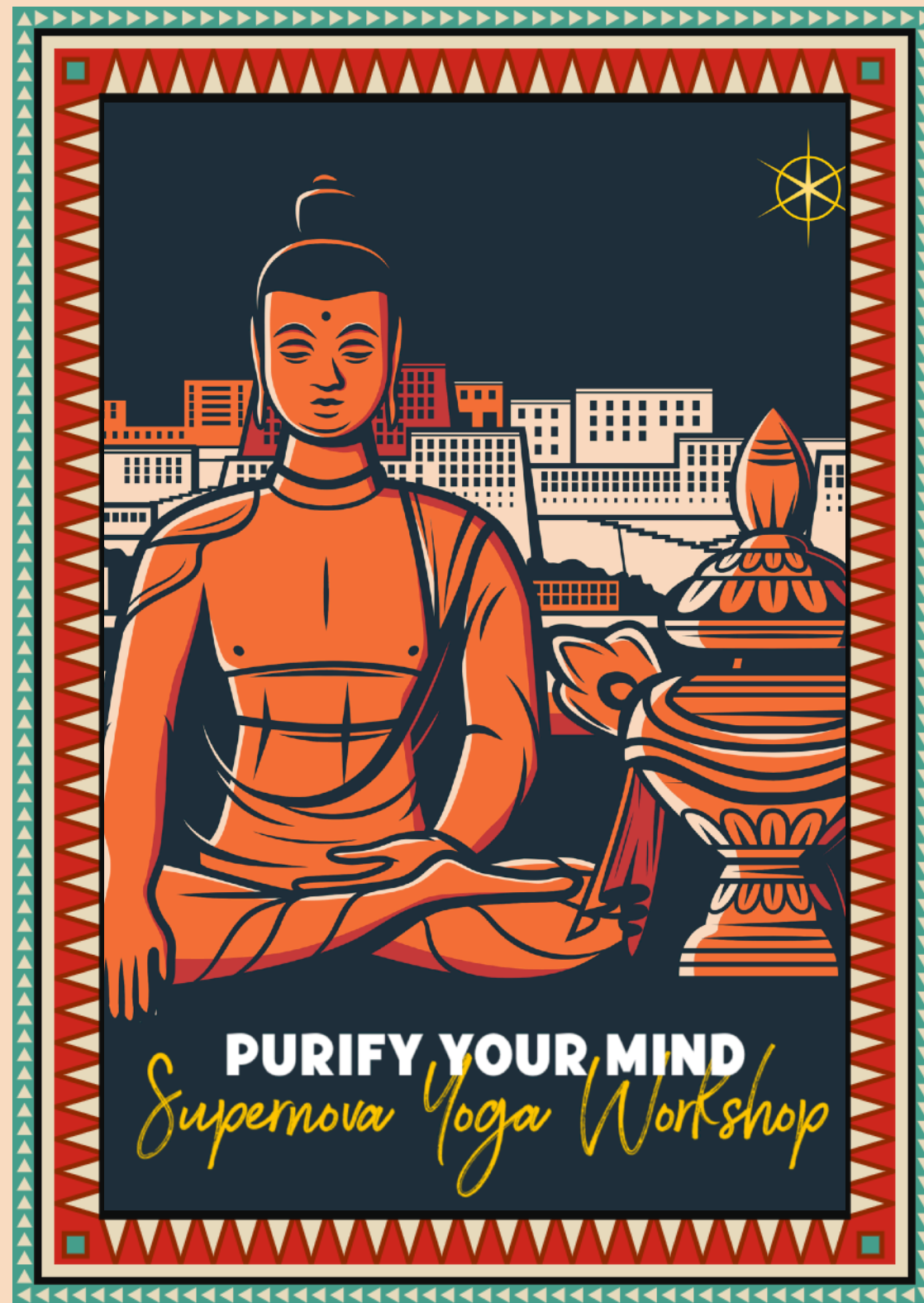
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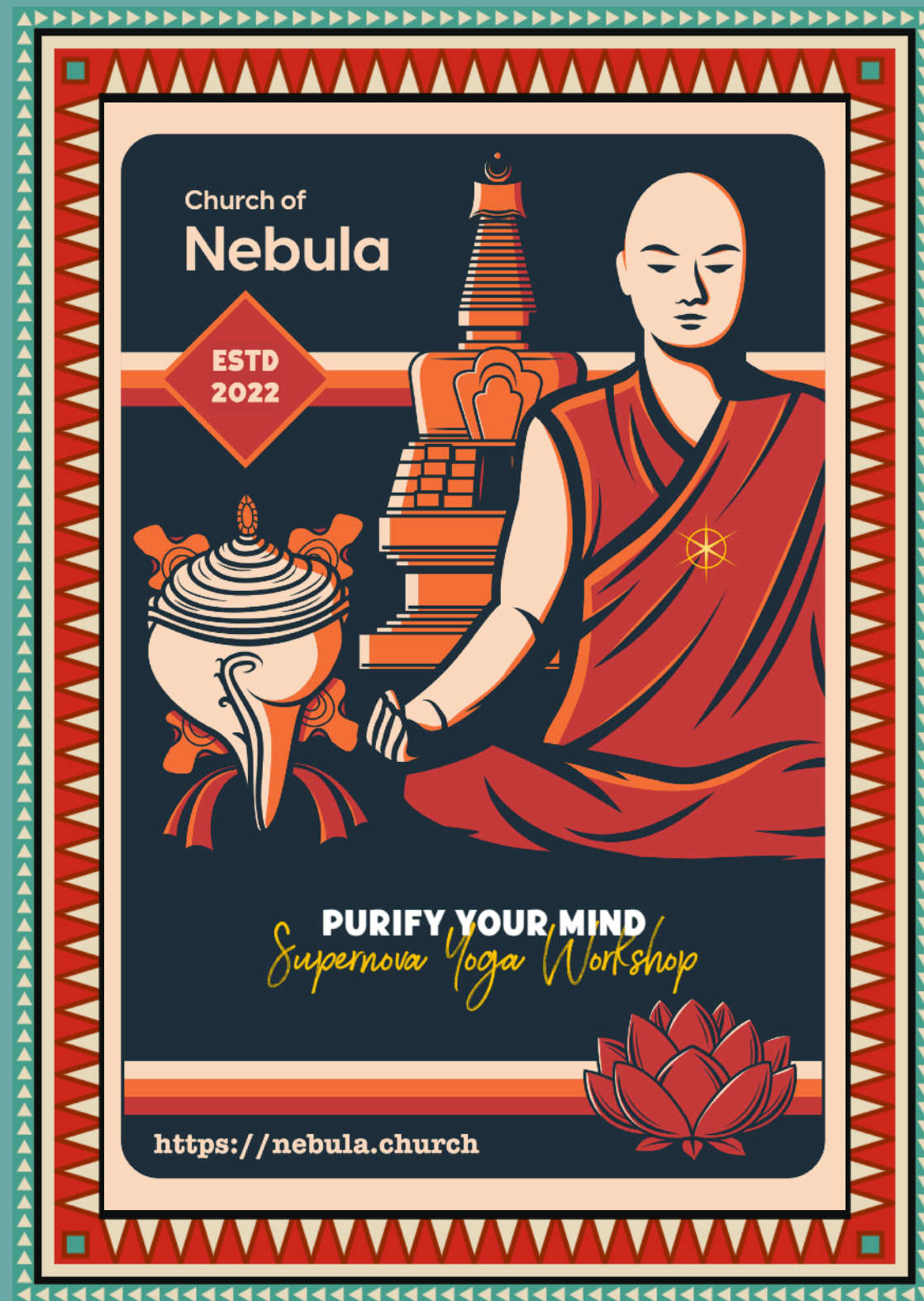
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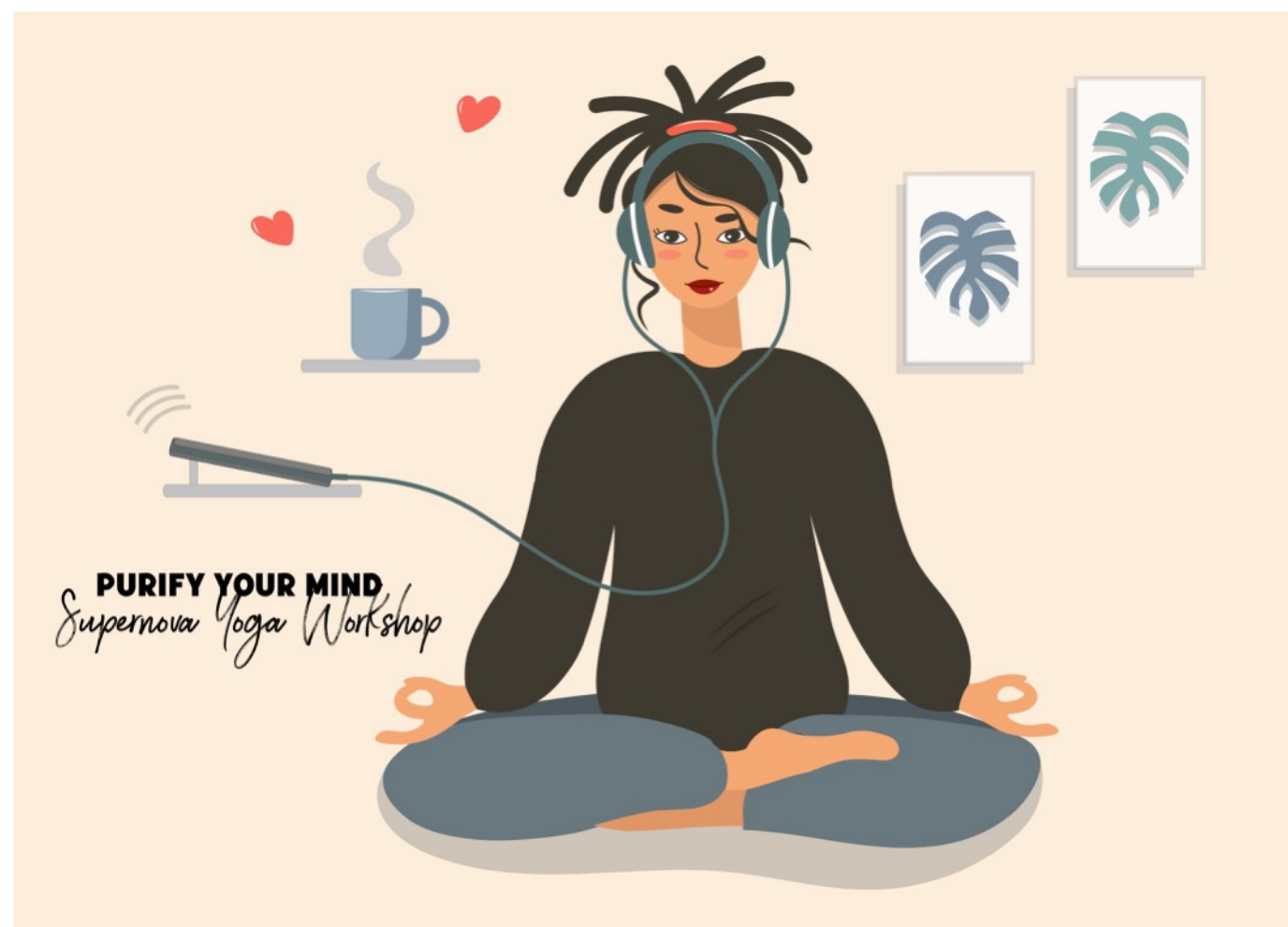
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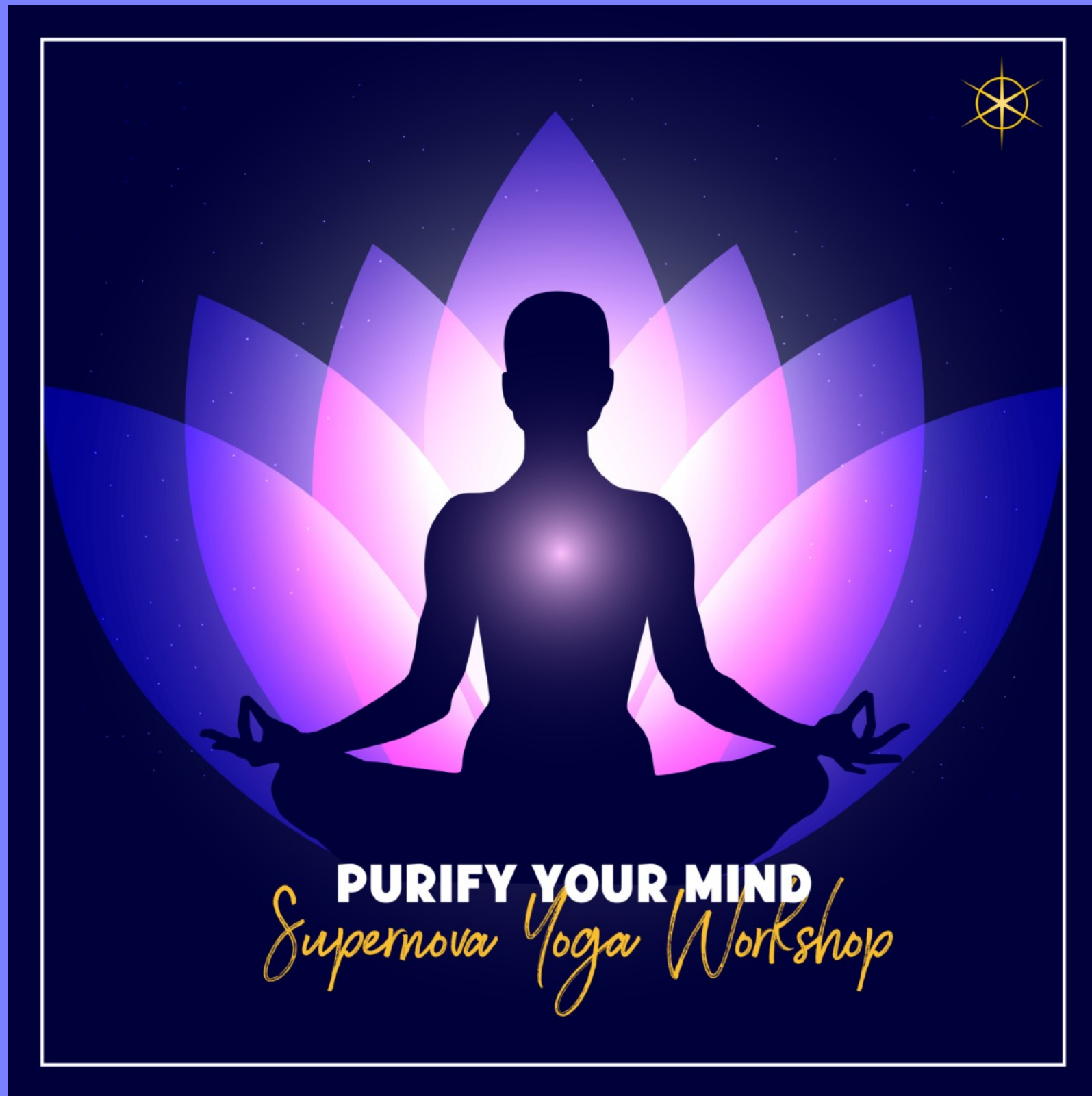
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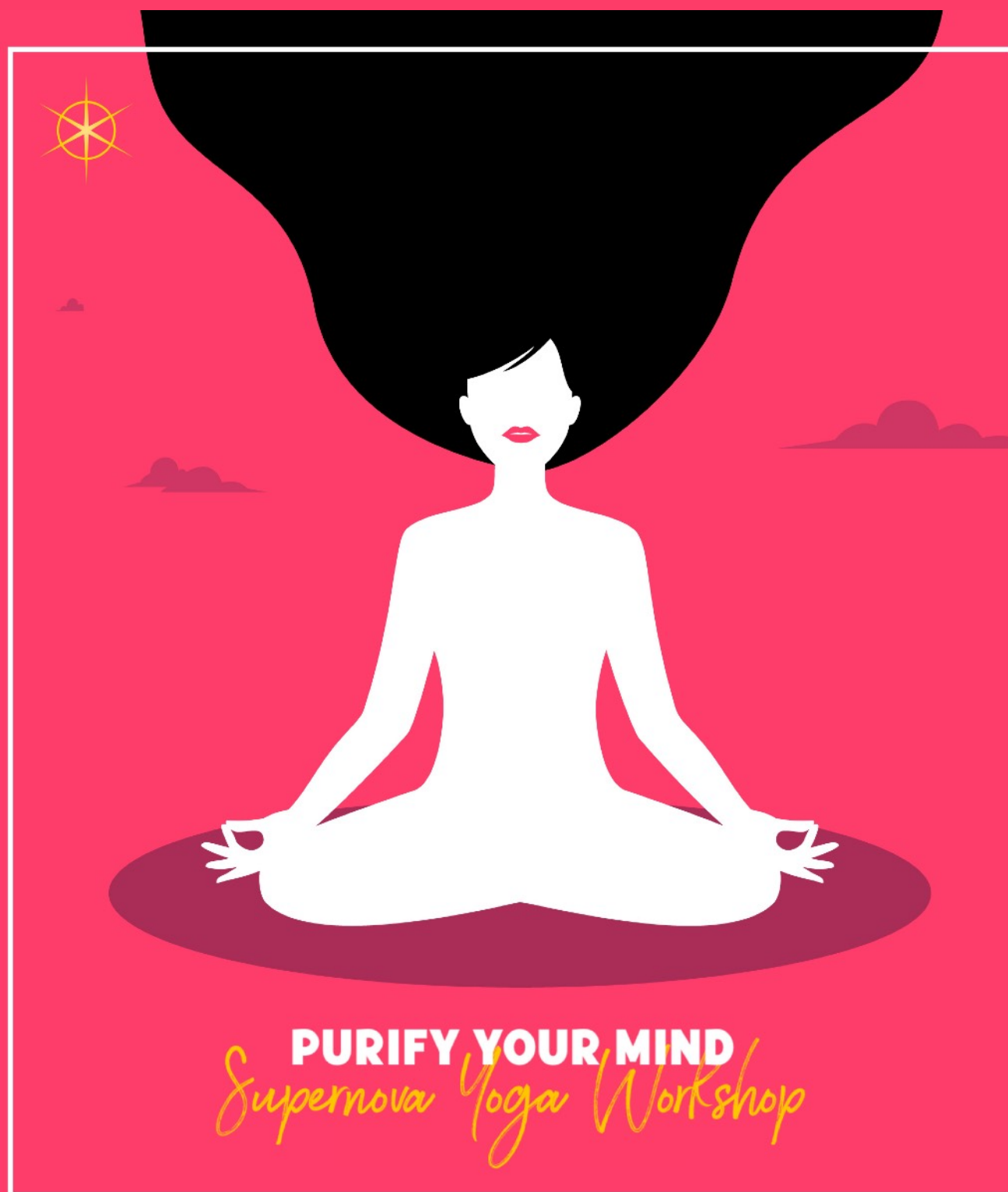






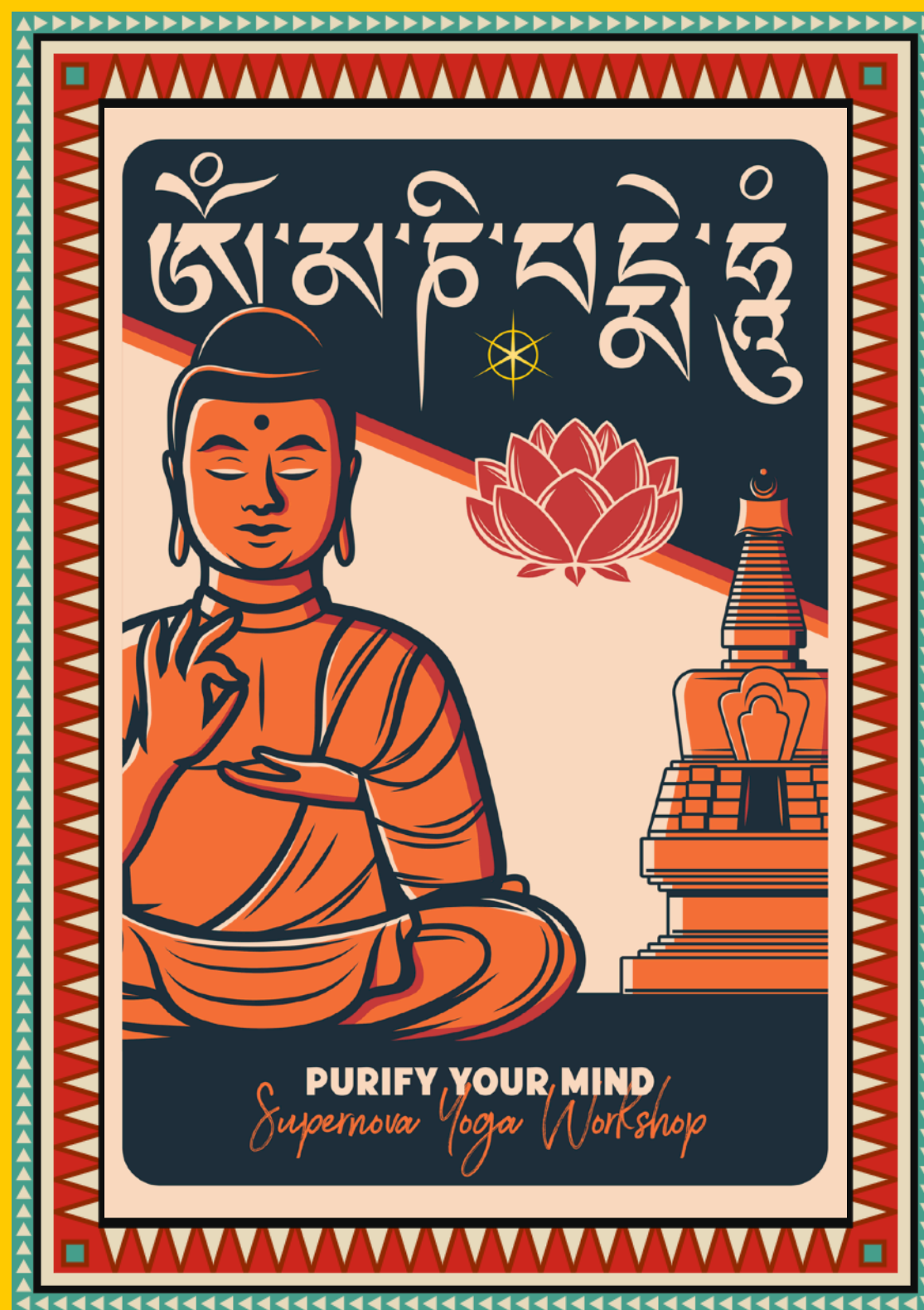








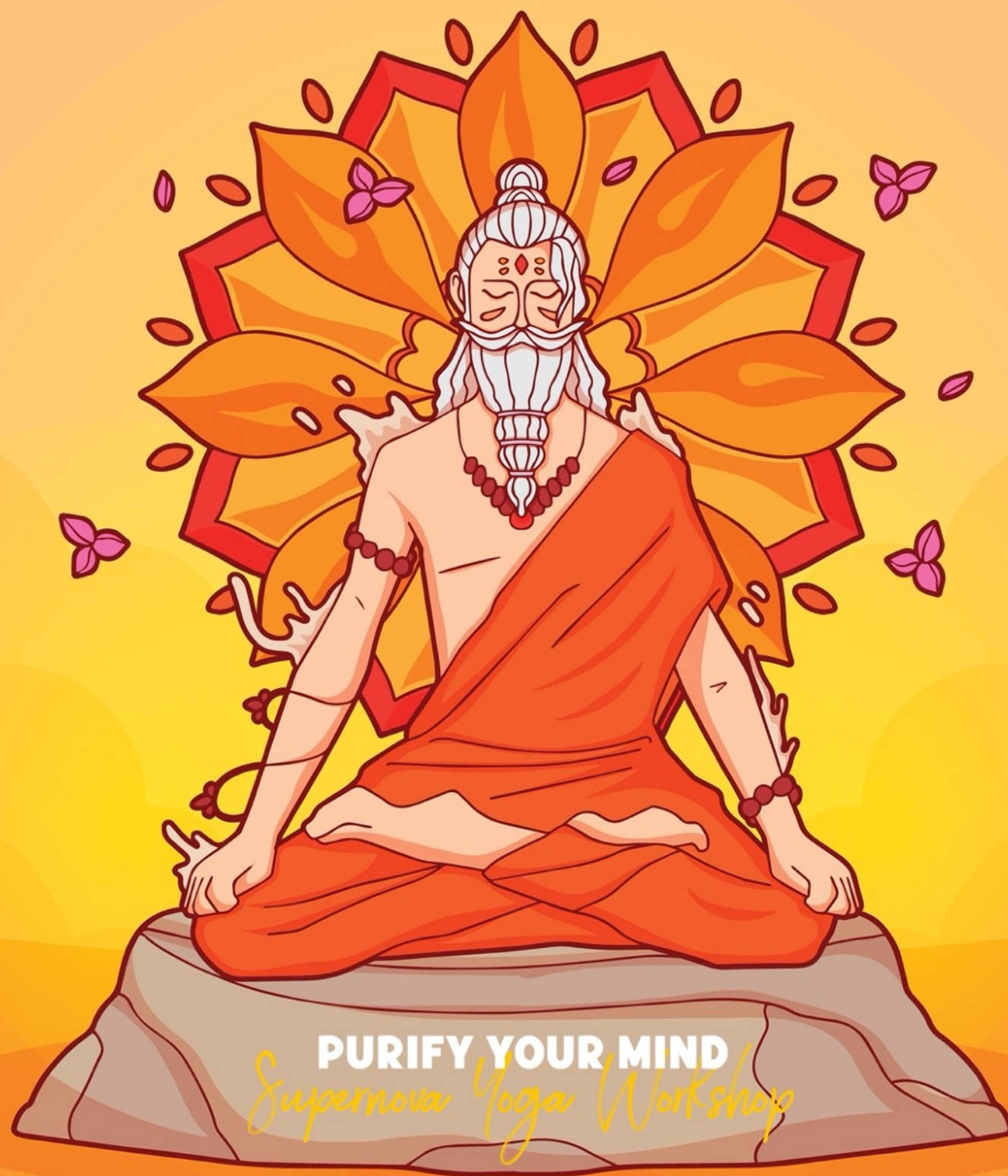












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Thank You