





## **SAG Learning 5am Transformation Course**

Every Sunday 11am - 12-30pm Zoom

Fees • 400/-

Next session on - 25th April Course ends - 02nd May





## Course Details

Wake up at 5am daily Except Wednesday's & Saturday's

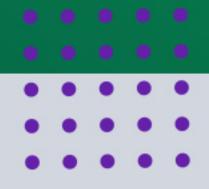
Starting your first activity of the day anytime between 5:30am - 5:45am.

Tagging us on our Instagram handle **@himanshuashokmalhotra** by 5:45am.

Attending SAG Learning sessions held EVERY SUNDAY at 11am - 12:30pm on ZOOM by Himanshu Ashok Malhotra providing guidance on the mentioned course topics.



## Course Topics





- 1) Shrimad Bhagwat Gita learnings for life
- 2) How to deal with guilt, shame and regret

**\* \* \* \* \* \* \* \*** 





## Benefits

- Increased self-confidence
- Reduced stress and anxiety
- Heightened awareness each day
- Centred & Balanced decision making
- Happier relationships & Life

