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SAG Learning Sam Transformation Course

Every Sunday

11am - 12.30pm

Zoom

Fees - 400/-

Next session on - 25th April

Course ends - 02nd May



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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.



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Course Topics



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





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Benefits

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

