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SAG Learning 5am Transformation Course

Every Sunday
11am - 12:30pm



Free Course

Course starts : 6th June
Course ends : 20th June

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Course Details

Wake up at 5am daily Except **Sunday'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) Orientation session - 5am and it's benefits**
- 2) LOVE vs ATTACHMENT**
- 3) 11 important LIFE LESSONS**

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Benefits

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