



TO JOIN +91 - 7977363578



Course Starts : 22nd May
Course Ends : 05th June

Every Sunday
Time 12.30pm - 1.30pm



zoom

FREE COURSE

SAG Learning 5am Transformation Course



TO JOIN +91 - 7977363578



Course Details

Wake up at **5am** daily

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 12.30pm - 1.30pm on ZOOM
by Himanshu Ashok Malhotra
providing guidance on the mentioned course topics.



TO JOIN +91 - 7977363578



Course Topics

- 1] An introduction to 5am transformation concept & benefits**
- 2] Detailed 5am Morning routine**
- 3] Learning & Sharing with participants**



TO JOIN +91 - 7977363578



Benefits

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