

# Stress Management Using Mindfulness

*Learn mindfulness and keep your stress away!*

15 Nov, 2014 (10 am to 5 pm) at Edushala, Pulchowk | Fee: Rs. 1500 (includes lunch and tea)

## What is Mindfulness?

Mindfulness is an ancient practice under Buddhism that helps you practice meditative flow in your daily life. Recently, with scientific researches, mindfulness has been widely applied to reduce stress at work and in personal life. The popularity is credited to its simple technique, practical approach and effectiveness.



## Through the class you will learn:

- to manage stress in a practical way
- easy-to-do, yet powerful meditation techniques
- to integrate mindfulness and playfulness into your daily activities and increase awareness and effectiveness
- to get rid of unwanted habit patterns and replace them with conscious actions
- to bring peace and happiness in life

## Why Mindfulness:

- Increased peace of mind
- Deeper connection with oneself and others
- Focus on goals
- Stress management & Emotional stability
- Self-change
- Happiness as a choice



## Class Details:

*Session 1* - Introduction to Mindfulness: what, why and how of mindfulness

*Session 2* – Living with Mindfulness: Stress and anxiety are part of our life and they affect our emotions. We forget to take time for ourselves and are forced to always rush to get things done. We have become ‘human doing’ rather than ‘human being’. This session will present how to live in connection with self while performing daily activities.

*Session 3* - Mindfulness Meditation & Stress Management Tools: In this session, we will practice some simple and easy meditation techniques; and stress management tools for office and home.

*Session 4* - Happier Life: We will look into - Unconscious patterns and Conscious actions. Understanding these would bring you one step closer to a happier life.

*Session 5* - Wrap-Up: This will be an open session with participants and would include wrap up questions. We will have an open conversation on how the day’s learning can be applied in everyday life.

**[SIGN UP TODAY!](#)**

You can also call us at 01-5554553 to learn more and enroll!

*About the Instructor:*



*R. Manandhar is a professional trainer, executive life coach and psychological counselor. For two decades he has been in leadership positions in international organizations. For five years, he lived as a Buddhist monk in monasteries of Thailand. Currently, he has been helping people better develop their personal and professional life for the last seven years with leadership, management and mindfulness training. His programs have touched the lives of hundreds of people, who claim to have been positively transformed following their participation.*

*Manandhar is also a certified NLP trainer and has received training on Inspiring Leadership, Gestalt, Mindfulness and Positive Psychology from internationally reputed trainers. He has written on mindfulness for several magazines and is currently contributing to The Himalayan Times (Nepal's largest selling English daily) as a columnist of the 'Leadership League' since 2010.*

**"I had a wonderful experience in the Mindfulness workshop by Mr. R. Manandhar at Edushala. I could learn a lot of new things. I would like to convey respect to Mr. Manandhar, a highly learned and talented personality, from the bottom of my heart."**

**-- B. K. Sharma, Motivational Speaker & Life Coach**



Presented by Edushala Pvt. Ltd | [team@edushala.com](mailto:team@edushala.com) | 01.555.4553 | Hariharbhawan, Pulchowk, Patan  
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