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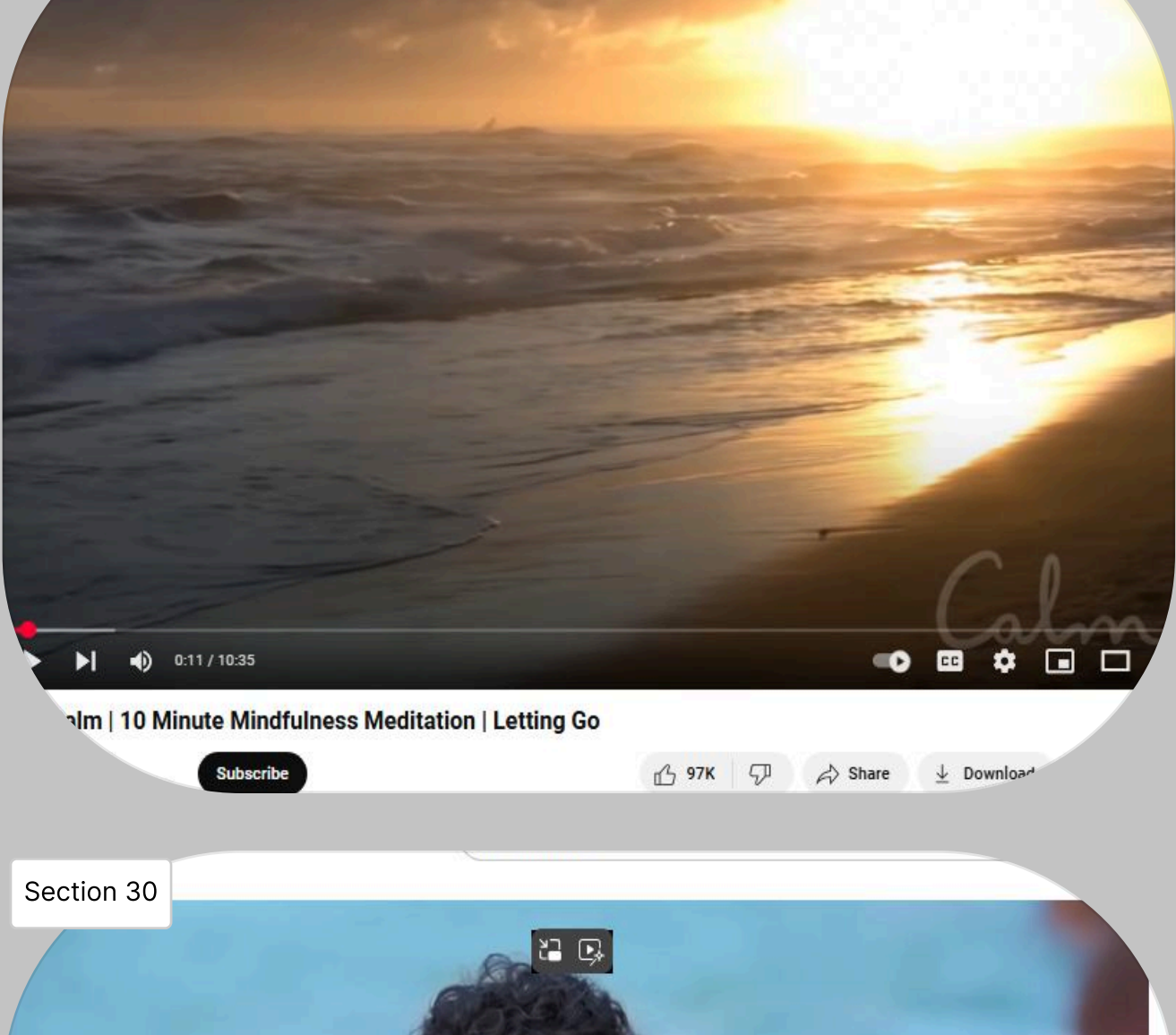
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Section 28



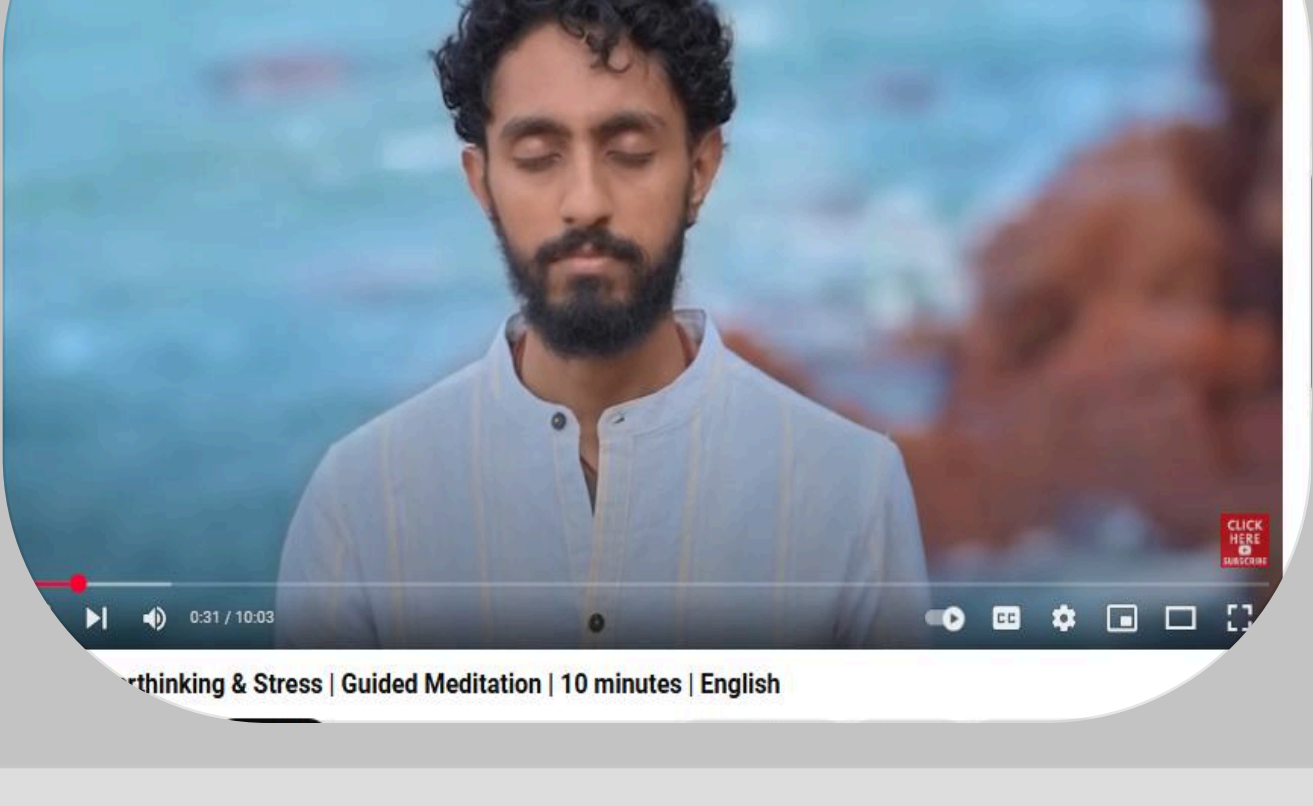
10 Minute Mindfulness Meditation | Letting Go

Section 29

A new ten-minute meditation every day.


10 Minute Mindfulness Meditation | Be Present

Section 30



10 Minute Mindfulness Meditation | Guided Meditation | 10 minutes | English

Section 31



10 Minute Mindfulness Meditation | Guided Meditation | 10 minutes | English

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Subscription

Section 7

Normal

3 Months

\$300

Meditation session, 1 trainer for 10 people

Section 8

Super

6months

\$300

Meditation session, 1 trainer for 5 people

Section 9

Premium

1 year

\$650

Meditation session , 1 trainer for 1 people , Mentor, 1 Mat free

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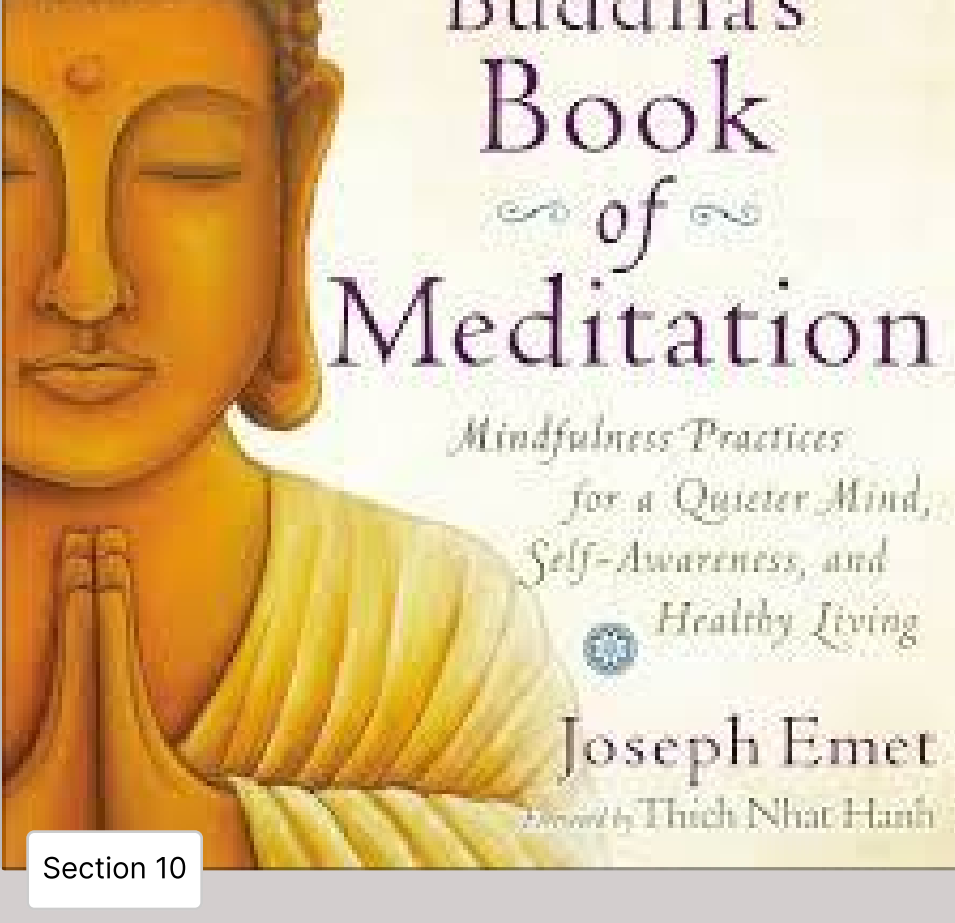
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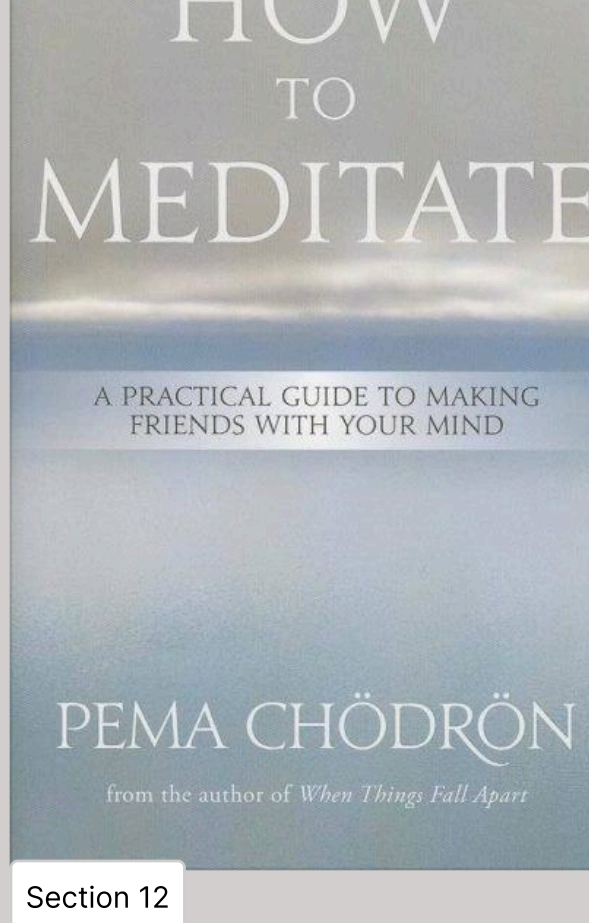
Buddha's Book of Meditation

Mindfulness Practices for a Quieter Mind, Self-Awareness, and Healthy Living

Joseph Emet

Discover the Truth About Your Mind

Section 11



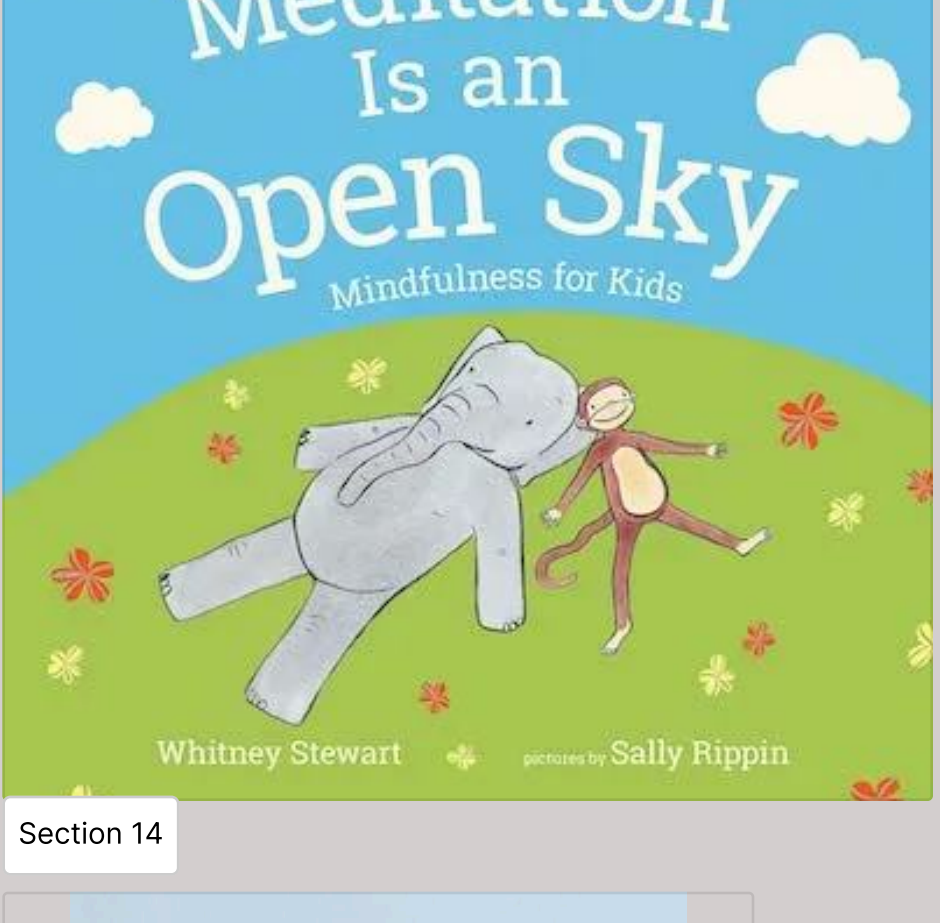
HOW TO MEDITATE

A PRACTICAL GUIDE TO MAKING FRIENDS WITH YOUR MIND

PEMA CHÖDRÖN

From the author of When Things Fall Apart

Section 13



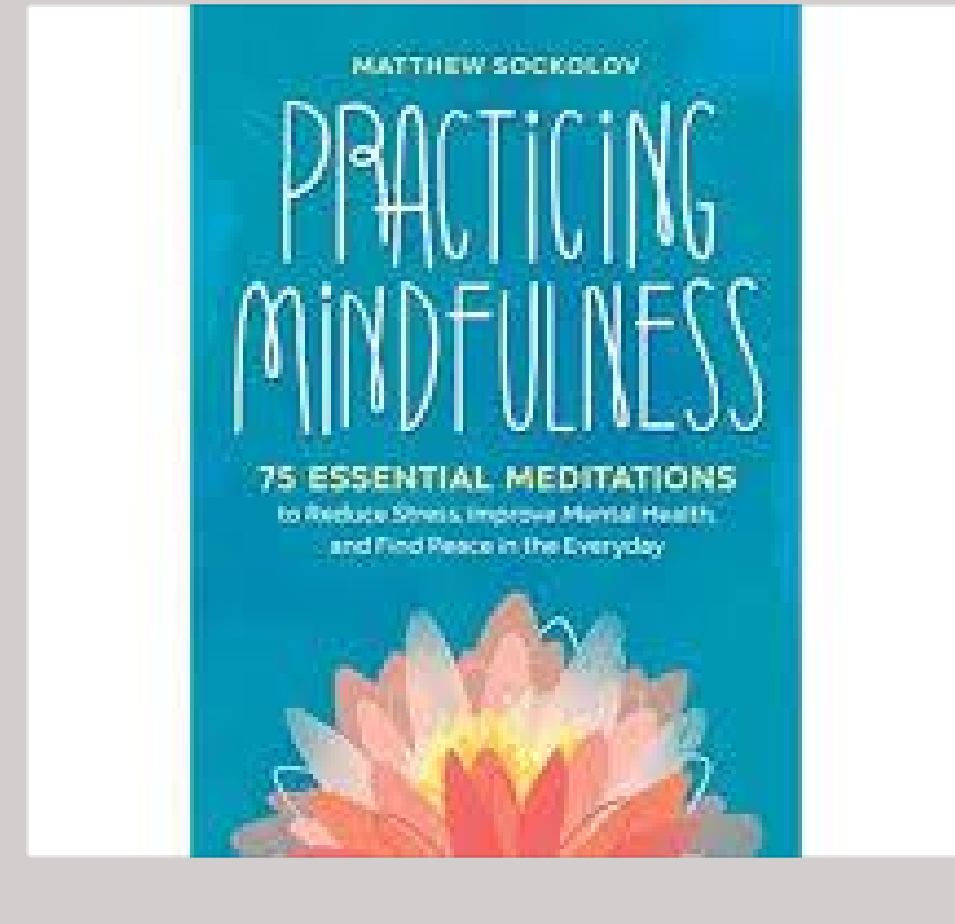
Meditation is an Open Sky

Mindfulness for Kids

Whitney Stewart

Illustrated by Sally Higgins

Section 10

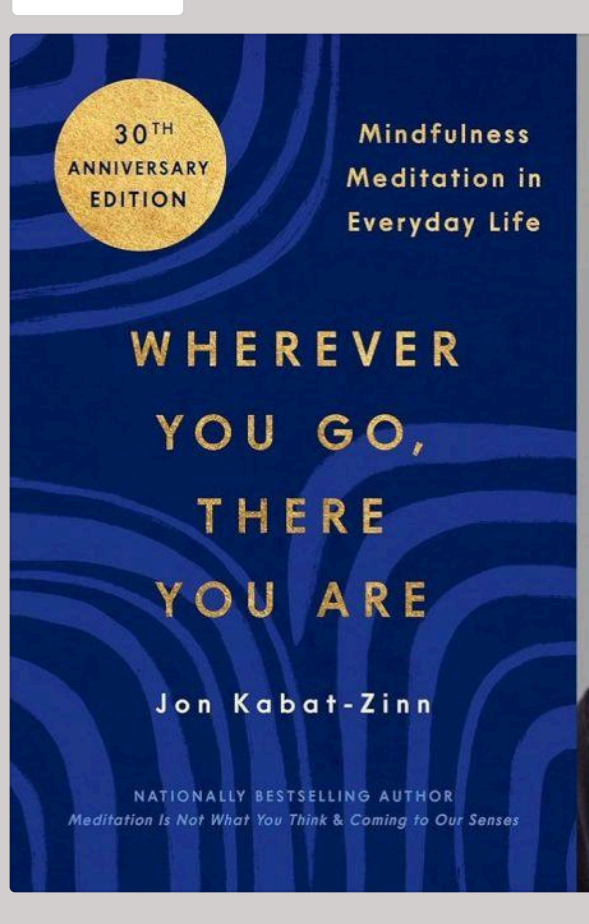


PRACTICING MINDFULNESS

75 ESSENTIAL MEDITATIONS to Reduce Stress, Improve Mental Health, and Find Peace in Everyday Life

MATTHEW SOCKOLOV

Section 12



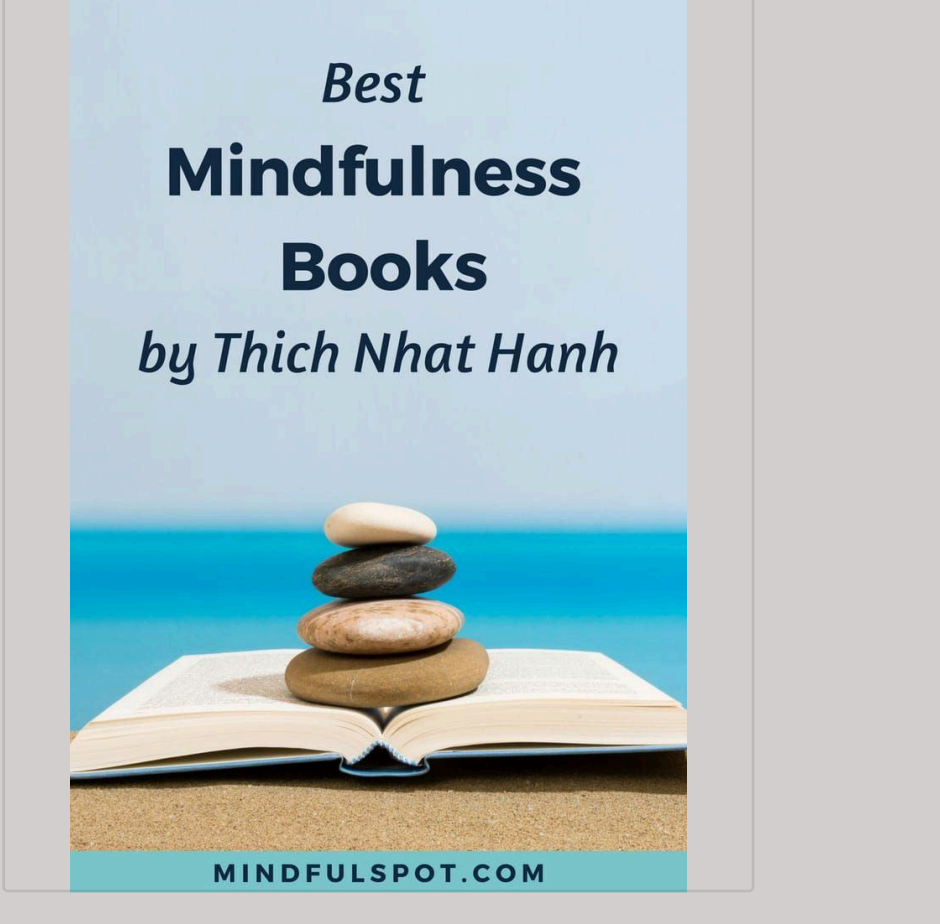
WHEREVER YOU GO, THERE YOU ARE

10th ANNIVERSARY EDITION

Jon Kabat-Zinn

NATIONALLY BESTSELLING AUTHOR

Section 14



Best Mindfulness Books

by Thich Nhat Hanh

MINDFULSPOT.COM

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Meditaion:

Meditation is a practice that involves focusing your mind to achieve a calm and clear state. It can help you to reduce stress, improve your concentration, and enhance your overall well-being. some sessions including morning meditation, chakra meditation etc.

Mindfulness:

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. meditation session including guided imagery , body scan meditation , mindful eating etc.

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Upcoming Meditation Session

Grand meditation session organize at sindhu bhawan on 20th Feb 2025

Mentor from America comes at 22nd Feb 2025 on our meditation class

Mediation retreats offer start from March 1st

Our Upasana platform got achievements on 1st april 2025

Certificate distribution who is completed session from our institute on 2nd April 2025

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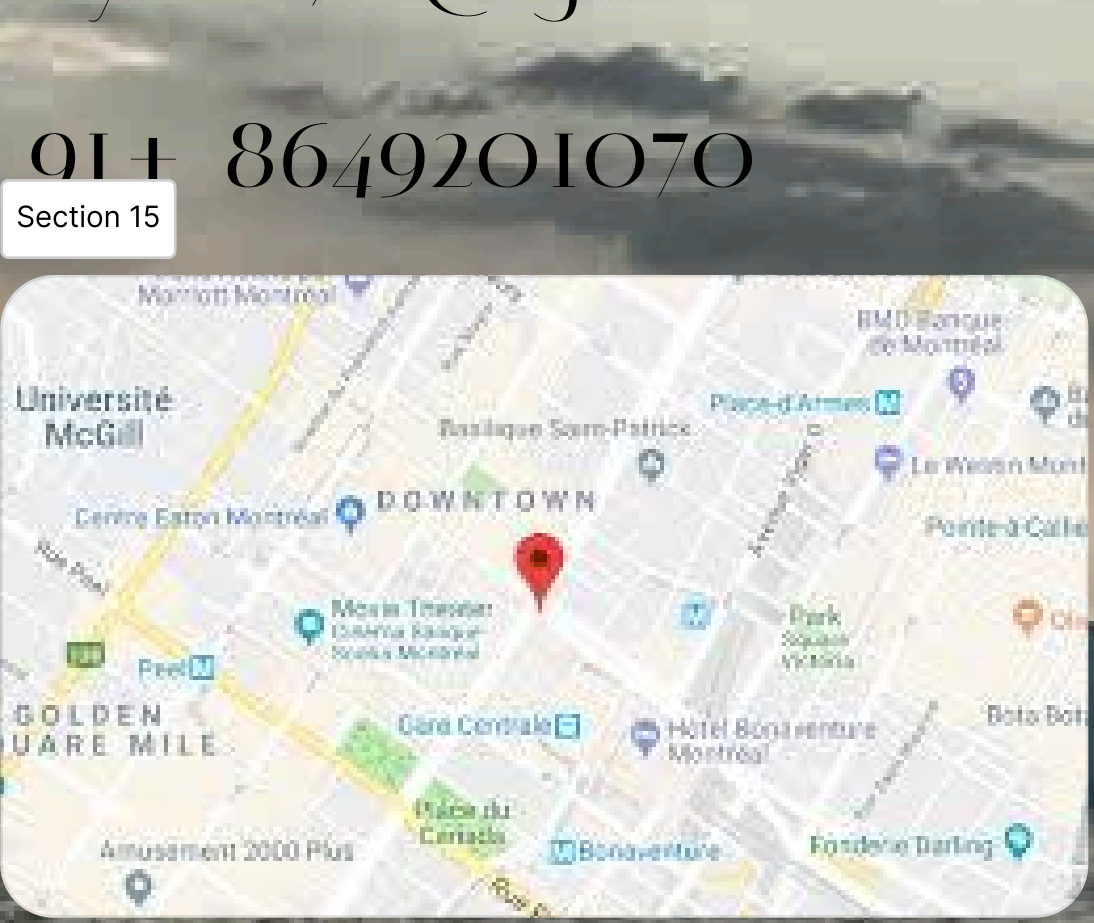
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