



ELAN TATTVA



Enliven Yoga

Par Excellence

'Par Excellence' is a two-day workshop specially designed for the pursuit of high impact personal excellence. The program integrates principles of NLP, Yoga, Modern Psychology. The course helps you to define and follow your goals (professional and personal) in a structured manner. We have designed interesting processes and activities to help you reflect deeply and understand your intrinsic motivations, beliefs and values that pull you towards your goals and dreams. A comprehensive and powerful visioning process is a key highlight of the workshop. We also introduce participants to creative problem solving techniques, as well as visualization processes that can be used to turbo-charge their way to goal manifestation. The workshop is an intensely enjoyable and insightful experience of a lifetime.

Theme	Activity
Turbo-Charged Goal Setting	Discover the Big Changes you truly want
	Enhancing sectors in life that need focus
	Forcefield Analysis for Effective Change Management in Life
	Inspirational Dissatisfaction
	Planning for Success Exercise
Mind Programming for Success	Whole Life Grid/Whole Life Circle Analysis
	Become a Magnet that attracts Success (Meditation)
	Enhanced Self Image/SWISH
	Enhancing Self Appreciation & Self Esteem
	Regenerating Flow (use left and right brain effectively)
Breakthrough Limiting Beliefs/Thoughts	Releasing Emotional Blocks that affect your success
	Challenge your Disbelief/Limiting Beliefs
Build Your Success Network	Orange Circle thinking (several states)
	Perceptual Positions
Creative Problem Solving	Your Believing Mirrors and High Quality Relationships/Associations
Superior Time Management	Activities to hone your skills at problem solving
Yoga and Martial Arts	Time Based techniques
Develop your Grand Mission and Vision	Aligning yourself for Success
	Develop a Grand Vision
	Discover Your Mission
Powerful Visualization	Re-Examine Values/Beliefs
	Structured Dreaming Exercise
	Success Rituals
	Visualization Exercises

Benefits

- Take full Charge of your Quest for Success and Unlimited Excellence
- Make winning a habit for a lifetime
- Learn to develop your personal Grand Vision statement
- Be the people-magnet and attract magnificent people into your life
- Turbo charge your personal power and confidence with enhanced self esteem & tackle life's challenges
- Stuck in repeated and disempowering thinking patterns? Here is a chance to break free!
- Enhance the quality of your relationships (personal and professional)
- Learn how to create and maintain your success network
- Superior problem solving skills
- Enhanced quality of life

Go confidently in the direction of your Dreams. Live the life you've imagined!

~ Henry David Thoreau ~

2 Days Workshop

For latest updates on upcoming course schedules and detailed information:

<http://www.elantattva.com/>

<http://enliven-yoga.com/>

Call: +91 99722 97259; +91 96208 10505;
Email: elantattva@gmail.com

also includes:
CDs, Workbook,
Invitation to our online
community



ELAN TATTVA

Suresh Sivaraman is the founder of Elan Tattva. He is a certified NLP trainer (ANLP India), Certified Advanced Life Coach, Reiki Master. He has done his MBA from IIM Bangalore (PGSEM) and B.Tech from Govt College of Engineering, Trivandrum. He has worked in the IT industry for 14 yrs, with 7 years in various Management positions in India and Europe. He has handled roles of Delivery Manager, Senior Project Manager, Onsite Manager for large programs in the IT industry. While designing the programs and courses at Elan Tattva, he has integrated his knowledge in NLP, personal development, coaching, and insights from his corporate experience in people management, mentoring, talent nurturing, and working across different cultures.

His passions include Inter Cultural Management, People and Process Management, Organizational Development, NLP, Transactional Analysis, Life Coaching, Reiki, Meditation, Tai chi, Yoga, New Age Music. He has conducted workshops and sessions in Bangalore on personal empowerment, law of attraction, meditations, one-one coaching.



Enliven Yoga

Kiran Shetty is the founder of 'Enliven Yoga' and conducts yoga training, therapeutic yoga, yoga counselling and consultation for stress. He is quite passionate about spreading the benefits of Yoga and Martial Arts. To realize this, he is actively involved in designing programs and workshops that integrate Yoga and Martial arts with principles of personality empowerment and modern psychology.

After completing his MBA, he pursued a career in banking and finance industry. During his stint in the corporate world, he has handled responsibilities including Sales Manager, Area Sales Manager and Branch Manager.

Kiran has always been a health and fitness enthusiast. His initiation to martial arts began at the age of 15. Martial Arts and Yoga have been an integral part of his life ever since. He holds a black belt in Karate and a silver medal at the National Level Karate Tournament. His desire to deepen and broaden his understanding of the theory and practice of Yoga eventually led him to quit his corporate career in 2011 and explore Yoga and Yoga Therapy at reputed Yoga Universities. In order to pursue his keen interest in understanding human behaviour and growth, he has attended a 6-weeks residential course in Psychology at the Indian Psychology Institute, Pondicherry.

Kabir Ahluwalia is the Strategic Marketing Partner with Elan Tattva. He is a very successful business entrepreneur in the travel and tourism industry in India's beautiful state of Uttarakhand. He is a Master Practitioner of NLP, a Certified Advanced Life Coach, Psychotherapist, Intuitive Card Reader, Graphologist, Pranic Healer and Spiritual Counsellor.

He is also the founder of Kaivalya Divine Healing Centre (KDHC), Dehradun, a unique centre to help others who are seeking a new connection for mind, body and spirit - and who are not sure how to begin. For those already on their own personal path, Kaivalya Divine Healing Center is a resource for education, information and support. One of KDHC (Kaivalya Divine Healing Centre) goals is to bring a variety of Holistic Healing options to our customers, educating and taking the fear or scepticism out of what may not be mainstream healing modalities. The offerings of KDHC include Outcome Focused Counselling (OFC), LIFE ENERGY PATHWAY REPROGRAMMING (LEPR), Spiral Personality Type Counselling. For him, KDHC is a journey to pursue his heartfelt passions and dreams.