



**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 Ages: 18+**

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



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**Suresh Sivaraman**

Coach, Program Designer

Faculty, Activity coordinator

ANLP Certified NLP Trainer, ANLP

Certified Advanced Life Coach, Reiki  
Master

MBA (PGSEM) from IIM Bangalore

Corporate Background (1998-2011):

Delivery Manager in Wipro Technologies  
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**Kiran Shetty**

Coach, Program Advisor, Activity  
coordinator

Yoga Instructors Course, SVYASA Yoga

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Yoga Therapy, SVYASA Yoga Univ.,

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MBA from Mangalore University

Corporate Background (2003-2011):

State Level Business Dev Manager in

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