

Happiness program

PLAN READY

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 Overview Emails 10 WhatsApp 16 Instagram 10**Day 1 Feeling overwhelmed? This 20-min breathing hack change...** 

PREVIEW TEXT: JOIN THOUSANDS OF STUDENTS WHO FOUND THEIR CALM WITH SUDARSHAN KRIYA

Hey there!

Let's be real - between deadlines, assignments, and life in general, stress seems like a constant companion these days. 😞 ...

Day 1 Feeling overwhelmed? Here's a breath of fresh air  

PREVIEW TEXT: DISCOVER HOW 5 MINUTES OF BREATHING CAN CHANGE YOUR DAY

Hey there!

We get it – life can feel like a constant juggling act. Between deadlines, responsibilities, and that ever-growing to-do list, who has time to breathe?...

Day 7 "I sleep better than I have in years" 

PREVIEW TEXT: REAL STORIES FROM PEOPLE JUST LIKE YOU WHO TRIED SUDARSHAN KRIYA

Quick question - when was the last time you woke up feeling truly refreshed? 🤔

Meet Alex, a software developer who used to survive on energy drinks and power naps: "Before learning Sudarshan Kriya, I'd toss and turn for hours. Now? I fall asleep within..."

Day 7 "I sleep better than I have in years" - Mike's Story 

PREVIEW TEXT: REAL RESULTS FROM REAL PEOPLE LIKE YOU



Day 14 The science behind the breath (explained simply)

[Edit](#)

PREVIEW TEXT: HOW 20 MINUTES OF BREATHING AFFECTS YOUR BRAIN CHEMISTRY

Did you know your breath directly impacts your stress hormones?

Here's what happens during a Sudarshan Kriya session:

1. Your cortisol levels drop significantly...

Day 14 3 myths about stress management (debunked!) 🤔

[Edit](#)

PREVIEW TEXT: THE TRUTH ABOUT BREATHING TECHNIQUES AND STRESS RELIEF

Let's bust some myths!

Myth #1: "I don't have time for stress management"

Truth: Sudarshan Kriya takes just 5-15 minutes. That's shorter than your coffee break!...

Day 21 Quick question about your stress levels... 📈

[Edit](#)

PREVIEW TEXT: SEE HOW YOU COMPARE TO OTHERS IN YOUR FIELD

Hey there!

We surveyed 1,000 students and young professionals about their stress levels. The results might surprise you:...

Day 21 3 myths about breathing techniques (debunked)

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PREVIEW TEXT: NO, YOU DON'T NEED TO SIT STILL FOR HOURS

Let's clear up some common misconceptions about breathing techniques:

Myth 1: "It takes hours"

Truth: Sudarshan Kriya takes just 20 minutes...

Day 28 Last chance: Transform your stress response in 20 mins

[Edit](#)

PREVIEW TEXT: JOIN 1000+ OTHERS WHO'VE DISCOVERED THIS NATURAL STRESS-RELIEF TECHNIQUE

Hey there!

Quick reminder: our next free Sudarshan Kriya session is happening soon, and spots are filling up fast....



PREVIEW TEXT: SPECIAL OFFER ENDS TOMORROW

Time flies, doesn't it?

Over the past few weeks, we've shared how Sudarshan Kriya has helped thousands of busy people like you transform their relationship with stress....

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