



Have you struggled with building or sustaining a meditation practice?

Do you wonder if you are doing it right and if there's a better way?

Do you feel confused by different types of meditation and wonder which one is good for you?

Dhyaan

Online



THE SWASTH
INSTITUTE

Build a daily meditation practice

Learn the fundamentals of non-judgmental awareness

Understand the emerging findings from neuroscience

Build your practice with the power of community

Feb 17-28, 2025

Mon to Fri 6.30-7.30 AM India Time

Fee: INR 2,000 / USD 100

Learn more and Enroll at: <https://swasth.org/dhyaan/>

Questions? Reach out at workshops@swasth.org or +91 998 783 0945

Dhyaan

Online



THE SWASTH
INSTITUTE

I really liked to reflect with the community, get diverse perspectives, receive guidance from the coach and getting into a rhythm of meditation.



Shivani
Pande
(Batch 3)

I feel a mindset shift towards meditation which is also hopefully percolating in other aspects in life.

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