



An Invitation to freedom

## I PADMA HERE & NOW

Life is to be celebrated and explored in every possible ways. What is limiting you to reach there? Every program which we offer is for the balance and alignment of body mind and soul, so that we ourselves are best instruments for our joyful life.

**I Padma Here Now** offer our support in life style design, overcoming physical - mental imbalances, stress, depression, self healing through the art of meditation, mindfulness, yoga, ayurveda and other authentic traditional sciences



## Our offerings

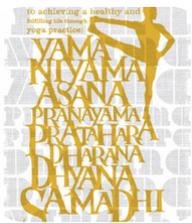


### Himalayan yoga

Himalayan teachings are unique and authentic as it is shared from sages. Teaching includes: Purification of thoughts, asanas, mindfulness, breath awareness, pratyahara, japa, shavasana, dharana, meditation.

### Yoga retreats

We offer a wide range of authentic yoga programs which is traditional and from the ancient sciences of masters. A true transformative journey by balancing and aligning body, mind, breath and energies in us for the real cosmic union



### Ashtanga yoga

Program includes topics like Moral code of yoga- yamas and Niyamas, postures, pranayama, senses withdrawal, attention practices leading to meditation and beyond.



### Surya Namaskaram

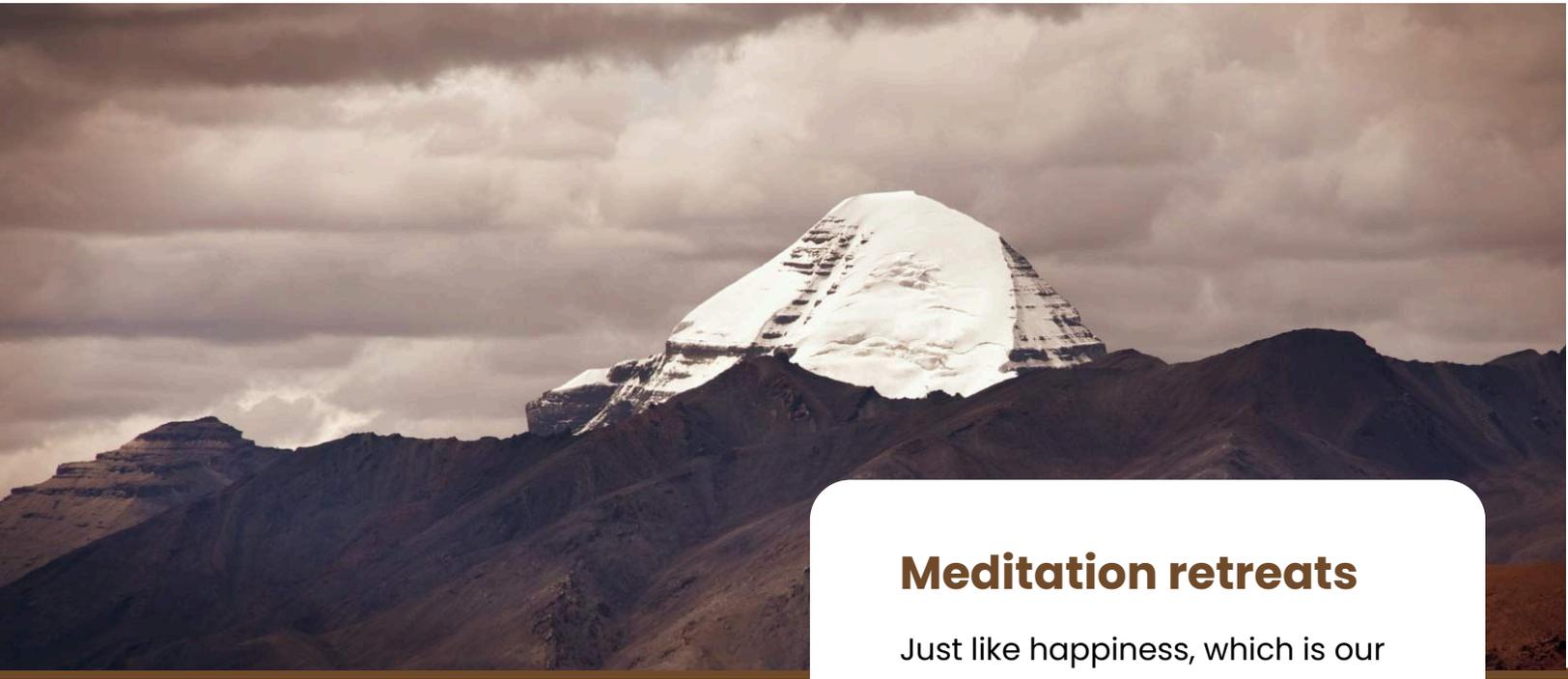
It is structured with twelve postures or twelve asanas in it. Sun salutation as exercise, kriya and chakra awareness to dive deep into the source of energy within us.



### Students Yoga

Let our children grow up joyfully which is their true nature. This program enhances their joy, attention, confidence by applying simple yoga practices, breathing techniques and meditations.

## Our offerings



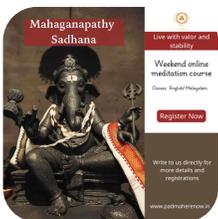
### Meditation retreats

Just like happiness, which is our true nature, so awareness too. Here using different paths and techniques we offer you the dimensions and possibilities of awareness in life and how to apply it in day to day life.



### Chakra system

Know the deep inner science of chakras, it's importance, how it functions and experience these energy wheels. Chakra awareness, activations, self healing, mantras etc are part of this program.



### Mahaganapathy

Maha Ganapathy Sadhana is a sacred practice dedicated to Lord Ganesha, the guardian of beginnings, and the source of wisdom and strength. This sadhana is designed as a holistic journey that unites mantra, meditation, pooja, protection rituals, and yogic practices.



### Devi Meditation

We all love mother and think if we can realise the mother of all or Universal mother, One who nurtures us, protects us, guides us in every act and transactions.



### Guru Meditation

This meditation is designed to practice connecting to our own inner master in all situations of life. Once touched by a Master out of grace, then we will be in full potential and joy.



### Shivoham

Learn the art of mental worship and meditation to abide in that unmoving, unchanging, ever pervading principle called Shiva, the Ultimate. Shivoham meditation is for practitioners who wants to strengthen their practice and journey in spirituality.

## Our offerings



### Reiki meditation

Realising life as a play of energy which ever moving and changing, we train ourselves to become undisturbed. Positive affirmations, meditations, manifestations, visualisations are part of this course.



### Art of Silence

Silenced mind is a gift and treasure which is the door way to perfection. Through this program we provide silence meditation, mindfulness practices, contemplative walking etc



### Self : Here & Now

This meditation explains how to begin the process by learning about one's own body, mind and to other subtler states of life. This program is designed for beginners to advanced practitioners and non practitioners to examine life.



### Full moon connect

Full moon is the time to amplify and channelise our energies in right direction for a balanced life. It's time when nature is full and near to completion, so full moon meditation will help us in reaching that potentiality wherever you are.



### MY Therapies

By the support of meditation, relaxation and yoga we work closely with people to manage their physical, emotional, mental and energy challenges in life. Discipline, regular practice, right food and trust is the key to face life and its challenges.

## Our Therapies

We listen to common challenges that you face in life. From physical-mental-emotional to energy level. Our simple but effective scientific practices has helped people. We are happy to share this wisdom for your journey.



### Stress free Workspace

Lets keep our workspace a safe place and not a stress space. Using simple effective techniques we could manage our balance,relationships,be productive and help others.



### Deep Relaxation

Guided deep relaxation practices is for all who needs to find balance in life, fatigue,to overcome stress and depression, recharge body mind and breath. This is also a preparation for higher meditations.



### Stress management

Understanding stress, anxiety, anger is very much important to overcome it. Dealing with medicines is not the way. Here we investigate how, why and what are these disturbing emotions and then we use techniques to overcome it systematically .

