

# ADULTS

IMPORTANT NOTE: ALL OUR HEALTH AND WELLNESS PROGRAMS ARE MODELED AFTER BUT NOT AFFILIATED WITH CLINICAL PROGRAMS OF BENSON-HENRY INSTITUTE FOR MIND-BODY MEDICINE AT MASSACHUSETTS GENERAL HOSPITAL, HARVARD MEDICAL SCHOOL, USA.

Currently following programs are being offered. Please check the Event Calendar at [www.TheHQ.ca](http://www.TheHQ.ca) for dates and more details. We offer discounts to needy and students.

## Half-day 'Feel Good Workshop' 4 hours on weekday or weekend

This half-day retreat is offered during weekdays or weekends. It is meant for professionals who do not have too much time to spare but are willing to spend few hours of power-learning.

**Nature of the session: Hands-on & Practical**

### What do you get in this program?

You can expect to

- Learn powerful techniques from gentle yoga, meditation and cognitive psychology to become a better manager of daily stresses, strains and aggravations.
- Become skilled at cultivating self-acceptance, feel good about yourself, job-satisfaction and be 'at-home' with yourselves.
- Practically experience the gentle yogic moves and relaxation effects of at least six meditation techniques which can be used at workplace or home to handle stress and manage creative solutions.
- Learn how to make their toxic and self-critical thoughts their allies through cultivation of mindfulness and directed attention.
- Experience live instructions in encouraging, safe and supportive environment.
- Receive practical tips & reminders in the form of weekly emails and monthly newsletter 'The Health Q'.

Fee: \$ 50/ person  
Maximum 20 participants



## WHAT PARTICIPANTS SAY...

### I Would Recommend To Everyone...

I enjoyed this course so much & can't wait to take the summer 10 week program. I would recommend this course to everyone. I was surprised that my palms and feet were getting warm through imagery.

—Ameet Bhar, Dundas

An amazingly useful; well structured with easy to use applications and background information to support applications. For the 1st time I can believe (have hope) that the 'real self' is better than what I perceive to be my layered self, i.e. that underneath all this accumulation, I am okay after all.

—Jane-Donaldson-Mooij, Hamilton

The breathing exercises, OM chanting, walking meditation and journaling, the idea of not comparing yourself to everybody around has helped me greatly. Simple yoga movements combined with the breathing to help start meditation. Including quiet time into my day has helped tremendously with anxiety and stress levels.

—Kim Thompson, Fitness Expert, YWCA Hamilton

For more comments,  
please visit [www.TheHQ.ca](http://www.TheHQ.ca)



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# GENERAL PROGRAMS & FEE

# ADULTS

## 5 Week 'The Healing Voyage' 2.30hrs/week

### What is it?

5 Week 'The Healing Voyage' is designed to provide you *Tool-Kit* for constructing your personalized health and wellness program, change your negative behavior/thoughts and make positive changes in your life.

**Nature of the session: Hands-on, practical and experiential along with appropriate theoretical foundation**

### What is so distinctive about this program?

It is,

- Designed with keeping your requirements, needs and limitations in mind.
- Multidimensional and based on solid multidisciplinary know-how of Psychology, Mind-body Medicine/sciences, Positive Psychology, health and wellness, Yoga and Meditation.
- A Customizable and Personalizable program.
- A tool-kit from which you can choose a combination of exercises and techniques suitable to your temperament and authentic inner self.
- Research & evidence-based.

### What do you get in this program?

- An Illustrated Manual entitled "TOWARDS A HEALTHY AND SUCCESSFUL LIVING"
- Easy-to-follow instructions to enhance wellbeing and manage your life efficiently.
- Structured and Guided Journal & Practice Schedule to help you achieve your goals easily.
- Templates to transform negative thinking patterns into healthy and positive ones.
- Guidance in developing your personal health and wellness program.
- Membership to future support groups.
- Free weekly & monthly tips for healthy living delivered to you.
- Discounts towards future programs.

- Membership to follow-up community support groups.
- *And much more...*

### How do you benefit by participating in this program?

#### By the end of five weeks, you will have learnt,

- Effective methods to beat stress, mild depression, anxiety, nervousness, chronic pain, low self-esteem and other related annoying mental conditions through yoga postures and meditation exercises.
- The methods to know your authentic self and be more aware of your life's needs.
- To transform your negative thinking into positive.
- To tune in to the intelligence of your own body and become aware of it.
- How best to take care of your mental, physical and spiritual health and deepen your practice.
- Methods to fix your relationships.
- To improve your health and work performance and design your personalized wellness and health protocol.
- To construct your personal combo of exercises and techniques suitable to your mental, physical and spiritual bent from the provided tool-kit.

*Activities and techniques used in this program have been found by research to be effective in coping and managing conditions related to cancer, hypertension, chronic pain (fibromyalgia), cardiovascular problems, stress, anxiety, allergy, infertility, Obsessive compulsive disorder (OCD), HIV/AIDS and other emotional problems.*

*Fee: \$125/person  
Maximum 20 participants*



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# GENERAL PROGRAMS & FEE

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## 10 Week 'The Healing Voyage' 2.30hrs/week

### What is The Healing Voyage?

The Healing Voyage is an intensive 10 Week program designed to provide you an extensive tool kit along with an intensive experience for exploring the role of mind, body and consciousness for enhancing mental, physical and emotional/spiritual health. This will help you in knowing your authentic inner self, becoming self-reliant and constructing your personalized health and wellness program in a safe, encouraging and supportive environment.

**Nature of the session:** Hands-on, practical and experiential along with appropriate theoretical foundation. The session is held in mutually respectful manner with room for facilitative dialogue, questions and concerns.

### What is so distinctive about this program?

It is,

- Designed with keeping your requirements, needs and limitations in mind.
- Multidimensional and based on multidisciplinary know-how of psychology, sport psychology, mind-body medicine/science, spirituality, yoga and meditation, awareness training, creative art therapy and self-auditing.
- A Customizable and Personalizable program.
- An extensive tool-kit from which you can choose a combination of exercises and techniques suitable to your temperament and authentic inner self.
- Research & evidence-based.
- Person-centered and experience-oriented.

### What do you get in this program?

- 109 Page Illustrated Manual entitled "The Looking Glass—Reflections of the Balanced Self".
- Advanced methods for self-understanding.
- Easy-to-follow instructions to enhance wellbeing and manage your life efficiently.
- Structured and Guided Journal & Practice Schedule to help you achieve your goals easily.

- Templates to transform negative thinking patterns into healthy and positive ones.
- Guidance in developing your personal health and wellness program.
- Free membership to future community support groups.
- Free weekly & monthly tips for healthy living.
- *And much more...*

### How do you benefit by participating in this program?

**By the end of 10 weeks, you will have learnt,**

- Effective methods to beat stress, anxiety, nervousness and other related annoying mental conditions through cognitive strategies, mental discipline, yoga postures and meditation exercises.
- To get into deep state of relaxation to initiate mental and physical healing.
- Techniques to enjoy your work and find meaningfulness in it.
- Understanding the hidden toxic patterns in your life and effectively eliminating them.
- The methods to know your authentic self and be more aware of your spiritual needs.
- To transform your negative thinking into positive.
- To tune in to the intelligence of your own body and design your own *weight management protocol (REWAMP)*.
- How best to take care of your mental, physical and spiritual health and deepen your religious practice.
- Methods to fix your relationships.
- To improve your health and work performance and design your personalized wellness and health protocol.
- To construct your personal set of exercises and techniques suitable to your mental, physical and spiritual bent from the provided tool-kit.

*Activities and techniques used in this program have been found by research to be effective in coping and managing conditions related to cancer, hypertension, chronic pain (fibromyalgia), cardiovascular problems, stress, anxiety, allergy, infertility, Obsessive compulsive disorder (OCD), HIV/AIDS and other emotional problems*

*Fee: \$250/person*

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