

Let's Join Our

Science of Meditation & Healing Class

With Ritu Kumari (Wellness Coach)



SUKRIT
HOLISTIC
Nurture Our Nature



LIVE STREAMING ON

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Covered Topic:



MODULE 1 – Foundations of Meditation & Mind Science

1.1 Introduction to Meditation

- What is meditation?
- History & evolution
- Benefits: mental, emotional, physical, spiritual
- Myths & misconceptions

1.2 Different meditations that we will practice in our course

- Breath observation (5 Second rule)
- OM-The Universal Chant
- Bee Humming Chant Bhramri
- Body Scan Meditation
- Sound Meditation
- Color Imagination
- Self Awareness Meditation
- Balloon Breathing Meditation
- Trataka (Candle Gazing)

1.3 Pancha Kosha (Five Sheaths of Human Existence)

- Annamaya kosha – physical body
- Pranamaya kosha – energy body
- Manomaya kosha – mind body
- Vijnanamaya kosha – intuitive body
- Anandamaya kosha – bliss body
- Role of koshas in healing & meditation

1.4 Pranayama – Breathwork

- What is Pranayama
- Nadisodhi
- The Foundational Principle: The Four-Part Breath
- Critical Safety & Ethics

1.5 Mudras

- Science behind mudras
- Four Foundational Mudras for Healing Practice
- How to Practice

Covered Topic:



Module 2 – 7 Chakras, Modern & Advanced Meditation Technique

2.1 Chakras – Energy Centres

- 7 major chakras
- Functions, imbalances, symptoms
- Chakra-emotion-organ connection
- How chakras influence health & psychology
- Beej Mantras & Practice of Beej Mantras
- Three Conditions of a Chakra
- Signs of a Balanced Chakra
- The Interconnected System: Chakras, Koshas, Mudras & Pranayama

2.2 Modern Meditation

- Some concepts of neuroscience to practice meditation
- The Conscious & Subconscious Mind: The Iceberg
- Affirmations: Reprogramming the Auto-Pilot
- Manifestation & Law of Attraction

2.3 Advanced Meditation Technique

- Ajapa Meditation, Antar Mauna Meditation
- Yog Nidra Meditation
- Chidakasha Dharana Meditation
- Hṛdya Ākāśa Dhāraṇā Meditation

2.4 Advanced Yoga Technique

- MSRT – Mind Sound Resonance Technique
- PET – Pranic Energisation Technique
- MEMT – Mind Emotion Management Technique
- MIRT – Mind Imagery Relaxation Technique
- VISAK – Visualisation of Internal Space Awareness Kriya
- ANAMS – Advanced Neuro-Muscular Awareness System
- IRT – Instant Relaxation Technique
- QRT – Quick Relaxation Technique
- DRT – Deep Relaxation Technique

Covered Topic:



MODULE 3 – Meditation & Healing for Diseases

3.1 Hypertension

- Root cause: stress, overstimulation
- Meditation: Yoga Nidra, Ajapa Japa
- Pranayama: Bhramari, Anulom Vilom
- Mudra: Apana Vayu
- Healing: Heart chakra balancing

3.2 Insomnia

- Root cause: mind overactivity
- Meditation: Yoga Nidra, Hridya Akasha
- Breath: 4-7-8, Ujjayi
- Mudra: Gyan Mudra
- Healing: Crown & Third-eye calming

3.3 Poor Memory

- Meditation: Trataka (optional), Ajapa Japa
- Pranayama: Kapalbhati (light), Bhramari
- Mudra: Hakini
- Chakra: Third-eye activation

3.4 Asthma

- Emotional cause: fear, grief
- Meditation: Heart-space breathing
- Pranayama: Bhramari, Not Kapalbhati
- Healing: Anahata chakra cleansing

3.5 Emotional Trauma

- Meditation: Hridya Akasha, Yoga Nidra
- Healing: Pranic cleansing of heart & navel
- Affirmation therapy

3.6 Depression

- Meditation: Ajapa Japa
- Pranayama: Bhastrika (light), Kapalbhati (careful)
- Healing: Solar plexus energisation

3.7 Overthinking

- Meditation: Antar Mauna
- Breath: 4-4-6
- Mudra: Prana Mudra

3.8 Chronic Fatigue Syndrome

- Meditation: Yoga Nidra + pranic energisation
- Chakra: Root, Navel, Solar plexus
- Breath: slow diaphragmatic breathing

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MODULE 4 – Teaching & Professional Practice

- How to guide meditations
- Voice modulation
- Class design
- Working with client energy
- Ethics of healing
- Creating your healing brand
- How to price your sessions



BONUS MATERIAL

- 40+ Guided Meditation scripts
- 10 Healing protocols
- Workbook: Kosha, Chakra & Mind maps
- Daily tracking sheets

