

An Integrated One Day Training For Freedom from Stress

Arulraja's nlp



Relax your way to health and creativity

A surfer is exhilarated to ride the crest of mighty waves in the ocean. But, one who doesn't know swimming finds it intimidating to go near still waters!

Aren't our feelings, often, comments on our capability to respond to a situation than a reflection on the situation itself?



True, you may safely avoid learning to surf on waves...

But when the present global economic melt down rages like some tsunami waves, gobbling up companies and jobs, you'd certainly want to learn to keep afloat without drowning in self-created anxieties and worries!

You'd agree that it will be worthwhile to get trained to keep cool at this critical time, like many others, and avoid stress related medical bills!

Come, Relax: Body, Mind and Spirit!

Observe and learn effective self massage to boost up your immune system that is otherwise devastated by depression.

Using Psychology of NLP, teach your brain how to energize you, and to lead you creatively.

Learn to spend a few minutes a day in quiet breath awareness, to revive your spirits



Learning all three skills – Self-Massage, NLP and Meditation – you can take care of your entire Self: Body, Mind and Spirit!

A Unique, Multi-Talented Trainer

ARULRAJA



- ✚ NLP Master Practitioner, Author
- ✚ Authored a Training Manual for ILO
- ✚ Successful Training Manager: Pvt Ltd Co
- ✚ Masseur for 30 years! Published six articles on therapeutic massage in *Health Action*
- ✚ Trained/lived as Jesuit for 21 years; got introduced to Western/Eastern meditations
- ✚ Has degrees in Economics, Philosophy, Theology and Law
- ✚ Trains Corporate Managers, Staff, Officials (IAS, IFS, IRS) Professors & rural Leaders
- ✚ Can Transform Behaviour by instilling an entrepreneurial spirit in YOU!

Contact Arulraja: arulraja1@gmail.com 91 96321 55887

“Using a psychological tool – Neuro-Linguistic Programming – Mr. Arulraja has effectively proved that it is possible to address the challenges arising from the mind.”

– Dr. Varghese Kurien, Founder Chairman, AMUL Dairy