



Back to the Roots©

100 Hour Transformational Workshop

A unique 3-in-1 program that helps you take charge of your **Mind, Body** and **Spirit** and start a **Courageous** life afresh.




Harness your **Inner Strength** (Aiki / Prana) through **Aiki Jujutsu**. An ancient **Kinesthetic Art** form.

Leadership Lessons that will **enrich** your **Mind** and **Spirit** while you **Strengthen** and **Transform** your **Body**.

100 Hours | 2 hours a week | From Home
Impact – Lifelong

Simple, Powerful...Transformational!!!

[Are you ready to invest 100 Hours to transform the next Twenty-Five Years of your Life?]

	We train the mind to be Sharper and Knowledgeable, but forget to nurture the body to support the Mind
	We train the Body to be Strong and fit, but forget to teach the Spirit to be Bold, Courageous and Growth -Ready
	We focus on training the Spirit, but forget to care for the Mind and Body without which the journey is abrupt



- ✓ A one-sided approach will get you only that much.
- ✓ To face the world today, you need a Strong Mind, Body and Spirit that renews itself.
- ✓ Conventionally these are three different elements.

What if there was one Program that combined all THREE in an easy to use, simple format?

Welcome to “Back to the Roots©”: A unique 3-in-1 approach to life

A unique transformational workshop that renews and refreshes your Body, Mind and Spirit using an ancient process of Growing, Energizing and Channelling “Aiki” (Your internal Energy/Prana)



What is it	Who is it for	How does it work
<ul style="list-style-type: none"> • A 100 Hour Virtual Learning Program that trains the Body, Mind and Spirit using Positions and Movements. This art is called “Aiki Jujutsu” • 2 Hours a week, personalized attention and guidance • Spread over 1 Year, you join these workshops from the convenience of your Home 	<ul style="list-style-type: none"> • Anybody who wants to start afresh and begin a new phase of their life • You need to be able to spare 2 hours a week 	<ul style="list-style-type: none"> • Aiki Jujutsu uses Body Positions, Body Movements and Breathing Techniques • Simple techniques with lasting wellness results • You also learn Leadership Lessons to Train your Mind and Spirit while you prepare and Nurture your Body

How will these 100 Hours Transform your life?

MIND

- Alert yet calm
- Enlightened, Open Mind
- Ready to manage change
- Prepared for growth
- A mind that absorbs knowledge faster
- Faster mental processing ability

SPIRIT

- Ready to face fears
- Self-confidence and able to handle oneself in difficult situations
- Ready to face Life with courage and boldness
- A mindset that can overcome any challenge life can offer

BODY

- Strong vessel for the Mind and Heart
- Fit, Agile and Energetic Body
- Enhanced reflexes
- Body -Balance and posture correction
- Well Oxygenated Muscles and Blood
- Confident Body and Gait
- Flexible Body with higher endurance than before
- Ready to face day to day challenges with strength and power
- Radiating Self Confidence



Sign up TODAY

Call Sensei (Teacher) - Ramesh Rao Jodige

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