

# Gayatri

## Meditation Coach for Stress and Anxiety Management



### **Breath Work to cleanse the system from within**

Breath is the most important aspect of our lives as we live as long as we breathe. But how often are we aware of our breaths? How often do we observe our breathing? Our Breathing styles can tell us a lot about what we are going through and how to come out of it. Breath is one of the most important tools in defeating stress and anxiety. With a proper guided breathwork we can centre our energy and bring a focus in life.

### **Technical-Mechanical-Verbatim styles of Meditation**

Meditation techniques can be classified into 3 broad categories - Technical, Mechanical and Verbatim. Transcendental meditation, guided affirmations, sleep meditation and such styles fall under the category of Mechanical meditation techniques. However, often we are unable to follow the instructions given during the meditation session as the thoughts occupy our mind and our emotions get the better of us. When focusing becomes difficult, chanting helps in bringing that focus back and centring the energy. Chanting of affirmation, Mantras, syllables falls under the category of Verbatim style of meditation. When none of the aforementioned techniques are effective in centring the

energy then the Technical style of meditation is the ultimate recourse. Technical style of meditation involved various breathworks and Yoga postures. Depending on the requirement we need to identify the right style of meditation for us to connect with our higher self and be peaceful in life.

## **What is taught in these Meditation sessions?**

During my decade-long career in the Media Industry, I have been through almost all sorts of anxieties and stress that corporate professionals experience. I learned various styles of meditations over a period of 15 years and now I have devised a 21 to 45 minutes routine that can help in defeating stress and anxiety and keeping depression at bay. This routine is a combination of breath-work, chanting, and self-observation. Apart from this I also teach the routines for Channelising the energy and Chakra Meditation. I understand the requirements and limitations of the client and accordingly have devised a routine for them. There are certain techniques more effective for migraines and then there are other techniques that help with panic attacks. The ultimate goal is to identify the path that will bring peace to mind and harmony between Heart-Head-Hand.

## **Meditation for Everyone**

Each person has their own journey when it comes to stress and anxiety. Hence I customize the routine as per the requirement of the client. Whether the client needs to work on stress and anxiety or whether they need meditation to bring more focus in their career or maybe they want to deal with their long-standing trauma. The routine is devised as per the requirement of the client. So far I have served Finance professionals, Engineers, Homemakers, and students.

## **Peace for my clients is satisfaction for me**

When my client who was suffering from panic attacks informed me that he had not had a single panic attack since he started his sessions with me and that hasn't had to take any medication since our sessions make me happy to have had an opportunity to help someone. A client of mine who is going through a messy divorce often went on a guilt trip but when she told me that she felt good about herself and she has been feeling stronger since our meditation session is something that makes me happy. Whenever a client of mine informs me of the self-progress achieved due to the meditation session I feel happy and I express gratitude to that supreme power to have given me the opportunity to help my fellow human beings.

## **Ethos-Pathos-Logos**

I am an Alliance Yoga certified Yoga and meditation coach. I have completed Vipashyana sessions. I also studied the art of breathwork and positive thinking at Quantum Life University- Life Research Academy. Having experienced firsthand how anxiety and stress can affect our personal life and work life and having come out of that vicious circle with the help of meditation techniques, I can understand the needs and accordingly assist in identifying the techniques most suitable for a person.

During my spiritual journey, I spent about 7 months in the wilderness without an ATM card. I walked about 3500 kms barefoot and survived on alms. That experience brought me closer to nature and connected me with the higher self.

### **Free 45-minutes meditation sessions for 3 days (Value: \$300)**

Imagine if you can spare 45 minutes of your day and then feel energized, rejuvenated, and positive for the rest of the day. No external elements can penetrate through and affect you. These meditation sessions can bring about a stage of tranquility for you.

Join us for 3 online meditation sessions over a period of 3 days and experience the change within yourself. You will feel like a stronger person. One needs to know what they are getting into. One has to be sure of the value they are getting. I have immense faith, belief, and confidence in the meditations techniques that I teach because I benefited from them and so did a lot for others who I had an opportunity to serve.

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