

REGENERATION

Three Simple Steps to a Life of Celebration

🦋 **The Power Pause:** Have you watched a tiger targeting its prey? Slow walk, focused mind, and then a *pause*. It gathers all its power in that silent moment and then charges, it is the power of ten tigers in one.

Learn the techniques to enter the calm space of your Mind, collect yourself and then move forward toward your goal. Once you know this art of Meditation, you have already achieved. Pause is Power.

🦋 **Quantum Breath:** Learn the simple art of breathing joy and success in life. Quantum breath is Power breath. Learn a few simple techniques to breathe with a difference and see the magic that happens to you. You will be the miracle maker. You will get that which you think will bring joy to you. You will breathe success!

🦋 **Art of Positive Mind:** You are what you think. *Regeneration* works on the hand book of "Your Mind Your Best Friend" ~ which has 30 readings and practices to master the positive power that can first change you and then your world. The world longs for you to take the first step toward denying the negative and accepting the positive in life. Learn the art of changing the way you think and feel, and see the Miracle that is Life. This is complete interactive session of empowerment. Take a leap and join us in Regeneration! You are our hope today and tomorrow.



Feed back from participants World over:

"The presentation touched my consciousness to help solve problems and failures", Suchana Dutta Biswas, Cognizant, Kolkata

"I find no words; I just felt I gained lot of energy in my body", Ravishanker M, EMC2 Bangalore

"Very inspiring, very motivating," Mr. G.Venkat Reddy, Outstanding Scientist, RCI, Hyderabad

"I could feel the innerself & the calmness," Outstanding Scientist, K.V.Sujata, RCI, Hyderabad,

"It is quite an experience to be a part of this Workshop" ~ Biswajit Sarkar, IBM, Kolkata

"Instilled confidence in me that "YES I CAN" "Subramanyam Pappu, IBM, India.

"Your session was very helpful both for me and my colleagues. Hope to see you soon on more detailed session on Stress Management". ~ Senior Executive Director, Mittal Steel, Galati, Romania

"I have received feedback from many employees who truly experienced a level of calm and peace as they participated in the simple, yet effective, breathing and stretching exercises Baba shared" ~ Nancy Geraghty, Vice President, Panasonic Mobile Communication, Atlanta, GA, USA

International Corporate and Forums benefited

USA

Lucent Technologies, Chicago, IL | AT & T, Middletown, New Jersey, NJ
| American Express Bank, Chicago | Panasonic Telecommunications, Atlanta, GA | Stryker Instruments, Kalamazoo, Michigan, | Naperville Police Academy, Naperville, IL | City Employees, Naperville City, IL | Multnomah County Employees, Portland, OR | Rotary Club of South Bend, IN | Children's Memorial Hospital, Chicago

Romania

Arcelor Mittal Steel, Galat; Iasi; and Roman

India

IBM, Calcutta | Cognizant, Bangalore, Kolkata | Siemens, Bangalore | Hewlett-Packard, Bangalore | Covansys, Chennai | EMC2, Bangalore | Oil and Natural Gas Commission, | Syntex Industries, Ahmedabad | Indian Oil Corporation, Patna | Oil and Natural Gas Commission, Ahmedabad | Indian Space Research Organization, Ahmedabad | TM International Logistics Ltd, (Tata Subsidiary) | Indian Institute of Management, Bangalore | Ahmedabad Management Association | FAPCI, Hyderabad | RCI, Hyderabad | Defense Research Development Organization | Seatone, Bangalore | National Police Academy, Hyderabad | Bangalore Central Jail, Bangalore | Beur Central Jail, Patna

Stress Management Academy

24 Kali Temple Road, Kolkata 700 026

For more details on Regeneration Seminars and Workshops,
Contact: S. N. Chatterjee, Program Director, Kolkata: 09830897336
Other Centers: Hyderabad: 099595525552, Bangalore: 09886253741,
Mumbai: 09323656362, Ahmedabad: 09327049746

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FOR CORPORATE EXCELLENCE

Unleashing the Positive Power

"Meditation regenerates the latent positive power of Mind Body and Spirit to realize innate abundance, harmony and peace in the Self within."

Shree Shree Shuddhaanandaa Brahmachari



President Dr. APJ Abdul Kalam receiving 'Your Mind Your Best Friend' from Shree Shuddhaanandaa

REGENERATION
Unleashing Positive Power

REGENERATION For Corporate Excellence Program is designed to re-discover you.

- ✦ You want to excel in life, be an Achiever and expect others to look up to you as a leader with a difference. **YOU CAN**
- ✦ You are endowed with immense potential to grow taller than you are. Identify your strengths and cultivate them. **YOU CAN**
- ✦ You are born free and you are born to achieve freedom from all that limits you and your possibilities in life. **YOU CAN**
- ✦ Our Regeneration program will help clear the mist of doubts that may have been holding you back to give in your best and rein in your **YOU CAN** attitude. For we believe,
- ✦ " Each one of you is power pack of unbinding source of positive vibrations when unleashed will turn this beautiful planet a kingdom of Harmony, *Peace and Joyous Celebrations. And You CAN.*



REGENERATION Program is simple yet unique as it combines the essence of Scientific Research on Wellbeing in the West and the Timeless Wisdom of Masters of Eastern Traditions. It focuses on overcoming Stress, Dynamic Leadership and Holistic ever flowing Creativity based on Values.

Objectives of REGENERATION Program:

- ✦ Instill timeless values and allow it blossom in the hearts of corporate executives
- ✦ Positive Leadership to make a difference
- ✦ Stress Management skills
- ✦ How to be AN ACHIEVER with a difference?

TIME: Duration specific to emerging needs.



About the Mentor: **Shree Shuddhaanandaa Brahmachari**

Shree Shuddhaanandaa, fondly called 'Baba', is the Founder of SM Academy and mentor of REGENERATION Program. He is also the Founder Chairman of Lokenath Divine Life Mission, globally popular for its pioneering Micro Credit program for



Women's empowerment in rural India. He is also Founder of Lokenath Divine Life Fellowship Inc, in California, USA.

At young age of 26 he gave up a promising academic career of a professor in commerce, and dedicated his life to alleviation of poverty and transforming lives through his experiential teachings of ancient wisdom blended with modern science.

He was the Key note Speaker at the Global Youth Conference held at the Capital Center, Washington, DC (1993), and was a special invitee to the United Nations World Millennium Summit of spiritual leaders in New York, (2000).

He has been conducting 'In-house workshops' and seminars on Corporate Leadership development and Stress Management, in India, USA, UK, Germany, and Romania, since 1990.

He is a mesmeric orator and his REGENERATION Program is very popular with Global Corporate Sector, Banking Institutions, Police Academies, Educational Institutions, Correction Houses and Armed Forces. He addressed the Parliament of World Religion in Chicago, (1993) and Barcelona (2004). Conference on Poverty Alleviation in Karicho, Kenya (2004)

He was honored with Honorary Citizenship of Naperville City (Chicago) in recognition of his positive contribution to the community.

He authored several inspirational books of which '**Your Mind Your Best Friend**' and '**Clutter free Home, Clutter free Mind**' are acclaimed all over the world as life transforming experience. Educationists, eminent celebrities, people of all walks of life, treasure them as handbook on Living in the Present and Miraculous Power of Positive Mind