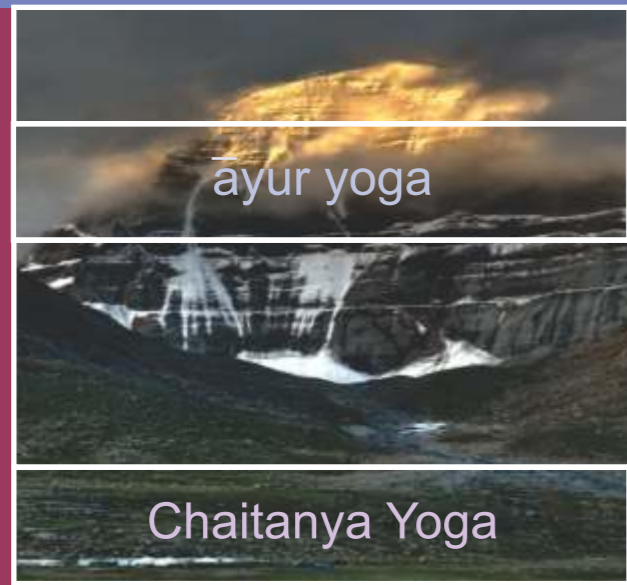


Do you want to renew yourself altogether as a new born, happy, fulfilled and total individual?

Higher performance. Maximum potential. Better productivity.  
Healthy family life. Unlimited happiness.

Team up for a meaningful Self-Growth.



ayur yoga

Chaitanya Yoga

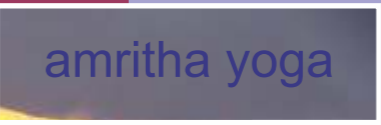
Dhyana Yoga

Kailasa Yoga

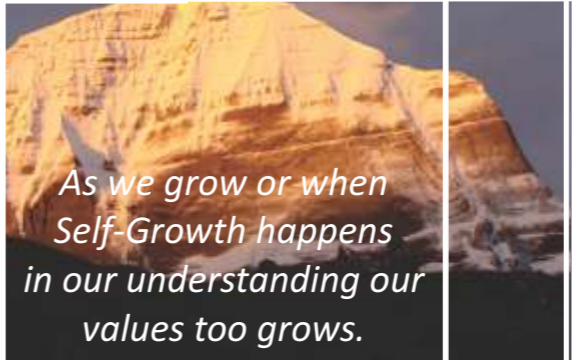
Manasa Yoga



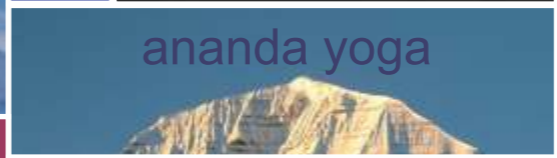
Satsangh



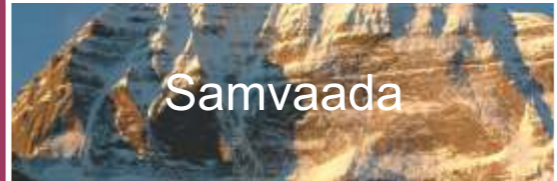
amritha yoga



As we grow or when  
Self-Growth happens  
in our understanding our  
values too grows.



ananda yoga



Samvaada

the inner journey ...  
āyur yoga  
Values in total wellness - Yoga | Prana vidya | Meditation | Health

Chaitanya Yoga  
Values in creative expression - Dance | Music | Colours | Clay | Art | Food | Drama | Poetry | Stories

Dhyana Yoga  
Values of peaceful mind - Learning everything about meditation.

Manasa Yoga  
Values for unlimited success in relationships

Kailasa Yoga  
Values for healthy attitudes born out of understanding

amritha yoga  
Values for emotional maturity

ananda yoga  
Values for happiness through a healthy self-image

Satsangh  
Recognising, accepting and appreciating our cultural and spiritual heritage

Samvaada  
Continuous learning initiative in self-growth

Once upon a time, a cowherd used to take his cattle for grazing in the nearby forest. Punyakoti, a pious and well-behaved cow was one of them. Nearby, a fierce tiger prowled in the leafy shadows, unnoticed by the herd. The predator was unable to catch any prey for more than a week. Unable to bear his hunger pangs, he eyed the grazing cows, which formed an easy target.

Evening arrived. The ringing of small bells round the cows' necks signalled the tiger that the cattle were returning to their shed. He emerged from the shadows and roared with all his strength. Extremely terrified and panicked, the herd ran for their lives. Only Punyakoti, who had joined the herd last, remained behind. The tiger made it known that she was to be his food for the day and was about to pounce, when undeterred, Punyakoti pleaded to him that her hungry calf was waiting for her at the cow-shed. She would just feed him and return, after which the tiger could finish her off. She swore by God and Mother Earth that she would stick to her promise. Though the tiger was desperately hungry, perhaps he understood a mother's instinct, so he let her go but ordered her to return without delay!

Punyakoti, an honest cow, hastily came to the shed, fed her calf and narrated the event to him. She told him that her final hour had arrived and that she had to return to the fierce tiger. The calf's pleading with its mother not to go, and Punyakoti's appealing to her sister-cows to look after her soon-to-be orphaned child was poignantly heartbreaking. After giving careful instructions to her calf on how to graze safely to avoid the cruel tiger, to always remain in the middle of the herd and never to stray, she returned to the forest and the death awaiting her.

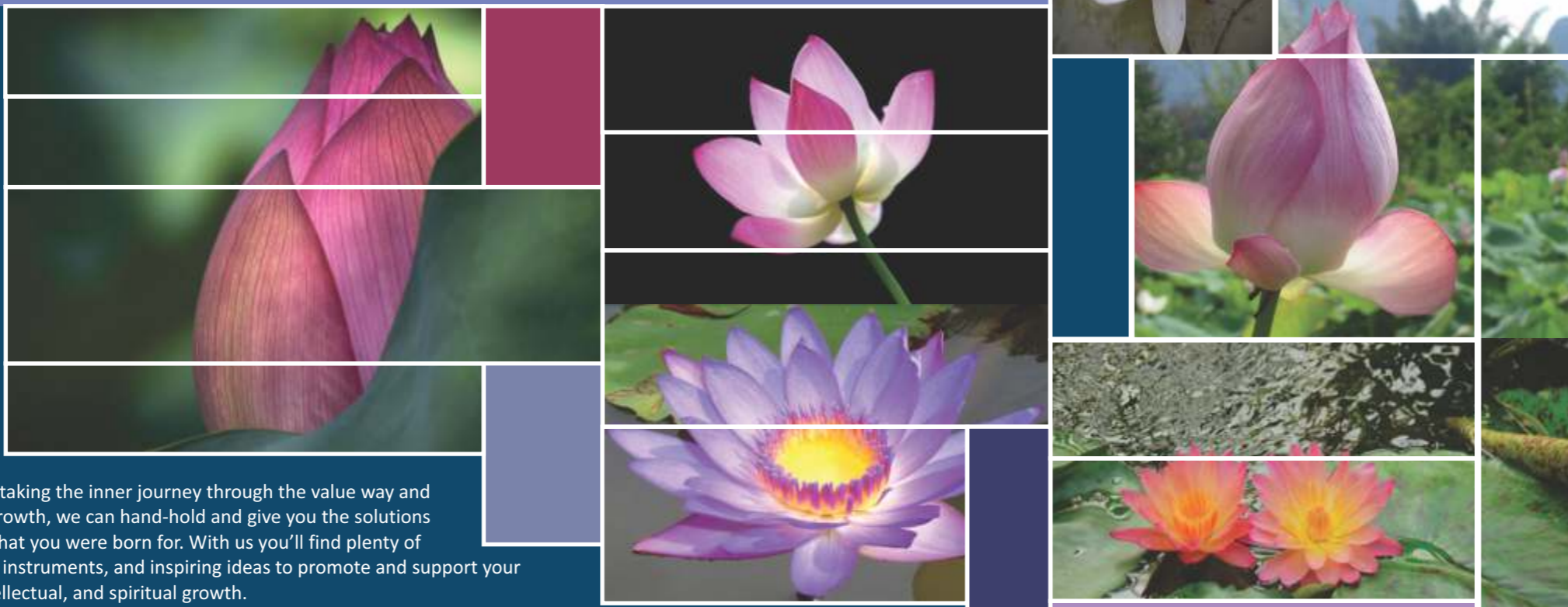
She offered herself in entirety: flesh, blood and warm heart as well! The tiger was not at all prepared for this unheard of magnanimity and self-sacrifice of a meek cow. He was full of remorse for killing numerous helpless creatures in his lifetime. Tears flowed from his eyes. He told Punyakoti to return to her calf as he dared not kill her. Praying to God for liberation, the tiger jumped from a high cliff and ended his life. Punyakoti returned to the cowshed happily.

Transforming the way  
we think and act

We at Anugraha Foundation are engaged in designing a new outlook filled with abundant happiness for you. We specialise in re-engineering you as unlimited happiness and success. We herewith introduce a basket of learning opportunities of the inner journey that definitely bring about a change in the way you think and act. This initiative will ignite your transformation and fire up your personal, family and professional performance. These solutions of value creation are the result of committed research in the development of effective tools and instruments for personal growth and individual transformation.

Your take-home from this enriching and empowering learning initiative of self-growth would be the following treasures:  
 To realise a well-clarified vision for your life | To learn, clarify, assimilate, and live values for self-growth | To discover a greater purpose for life |  
 To break the shackles of a self-defeating belief system | To discover a complete plan to lead a successful life | To resolve problems in life and grow unconditionally | To discover emotional maturity in life | To develop healthy attitudes born of understanding | Creating healthy self-image.

The real *learning to unlearn* begins *inside*, not by merely dealing with or reorganizing the outer situations of our lives. Sreyas - the inner journey show us how to move away from a culture of finding all solutions *outside* ourselves to learning how to forge solutions *inside*. It helps to discover a new way to be, how to discover freedom from our self-created complexities and learn to find the real *WE* in the simplicity of the moment.



If you are committed to taking the inner journey through the value way and interested in your self-growth, we can hand-hold and give you the solutions that can create the life that you were born for. With us you'll find plenty of self-improvement tools, instruments, and inspiring ideas to promote and support your physical, emotional, intellectual, and spiritual growth.

The purpose of this initiative is to reinvent you as a happy and a complete individual. The learning initiative would address the aspect of discovering yourself: *Who do people think you are? Who do you think you are? Who actually are you? How do you bridge the gap between who you think you are and who you really are, layer after layer?*

You learn the art of self-growth on a one-on-one basis or in a small group through direct interactions with your mentor. You will advance through well-researched work books, as well as self-learning and self-assessment methods of value learning.

The more we grow, the more we are inclined to live values. In order to grow understanding and living values becomes a priority. What can Sreyas do for us?

Sreyas helps to examine the subtle things of habits, likes and dislikes, notions, patterns that troubles us at personal level, home, work etc. Sreyas comes with varied, appropriate and typical examples in unlearn that shows how our mind has a way of its own, while we, all the time think we are doing the right thing! Sreyas is a practical guide for a purposeful and meaningful living for anybody and everybody. Sreyas is a way to transform the way we think and act in everyday life, whether at personal life, at home, at workplace, or in society, into meaningful choices for value creation.

Sreyas addresses question such as:  
 How can a self-defeating, stressed, frustrating and fearful life situation be transformed into an activity for self-growth?  
 What role does your body, mind, senses and intellect plays in making you feel happy and successful?  
 Why do we have good and bad times?  
 How does our activities play into the pressures we experience?

Until we are a physically mature individual, we are in the hands of nature. Nature takes care of our physical growth until we can no longer say *we are a child*.

Emotional growth, however does not happen as physical growth happens. Emotional growth is totally *choice based*. Self-growth is a process that we have to initiate because we are a human being enjoying a faculty of choice.

When we enjoy what we do, life is simple and growth is definite. If we do not enjoy what we do then we have to do something in order to enjoy, which can be expensive. Doing the right thing at a right time in a given situation gives us joy-now or later. Self-growth is just doing what is to be done; it is living values. As we grow or when self-growth happens in our understanding our values too grows.

**Learning Model:**



**Learning Method:**

- One-on-one coaching and mentoring.
- Study of current state.
- Defining future states and the ideal state.
- Designing learning projects.
- Executing projects.
- Evaluating project execution.
- Continual improvement plan.
- Continual learning plan.
- Multilevel self-assessment activities.
- Value profiling tools and instruments.
- Creating individual profile.
- Total transformation of the way one thinks and acts.

While it remains a worm, the silkworm is confined to its cocoon. It bursts the walls of its cocoon of gossamer thread only after it undergoes total transformation into a moth. We, too, need to allow a profound shift within ourselves - total transformation - before we can understand the value of freedom in life.

With us you will be discovering a way to accomplish the learning and unlearning of the you who gets in the way of your own success, happiness, peace and joy. By getting the present thinker and doer out of the way, you will unfold a new, simple, humble, honest yet powerful entity from within you who will be a transformed you - at personal, family, workplace and society level.