



## ATTRACTIVE PACKAGES

### Monthly Packages:

Yoga : ₹2500  
Mindfulness Meditation: ₹3800

### Per Day:

Yoga : ₹250 per day  
Mindfulness Meditation: ₹500 per day

### Combined Monthly Package:

Yoga & mindfulness : ₹6000  
8 Mindfulness Meditation sessions  
15 Yoga Therapy sessions

### Wellness Retreat Package (3 Months):

Yoga & mindfulness : ₹15,000  
26 Mindfulness Meditation sessions  
50 Yoga Therapy sessions

🕒 **YOGA: MORNING 5:10 TO 7:40 AM  
EVENING 4:30 PM TO 9: PM**

🕒 **MINDFULNESS RELAXATION AND  
MEDITATION: WEEKDAYS 12 PM TO 7:30  
PM, WEEKENDS 8:30 AM TO 7:30 PM**

## SPECIALITY

This integrative approach helps you live in the present moment, bridging the gap between body and mind. It uncovers the root causes of faulty thinking patterns, reducing anxiety, depression, and overthinking. You'll learn to rationalize thoughts, control emotions, and develop emotional maturity. Additionally, it fosters self-awareness, resilience, and improves overall mental well-being.

**MIND BODY CONNECTION** : *Physical and mental wellness are crucial for overall health, with fitness encompassing both. Without mental well-being, even physical fitness cannot ensure optimal functioning.*

## WHAT IS MINDFULNESS?

Mindfulness is the ability to be fully present and aware, without becoming overwhelmed by your surroundings. While we all naturally have this ability, daily practice enhances it. By focusing on your senses, thoughts, and emotions, you engage in mindfulness. Research shows that practicing mindfulness can physically reshape your brain.

*"The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes."*

## WHAT IS MEDITATION?

Meditation is an exploration of the mind, not a destination free from thoughts or distractions. It invites us to observe our sensations, emotions, and thoughts with curiosity and without judgment. Mindfulness meditation encourages warmth and kindness toward ourselves and others as we explore these experiences.

## HOW DO I PRACTICE MINDFULNESS AND MEDITATION?

Mindfulness is accessible in every moment, whether through meditation, body scans, or simple practices like pausing to breathe before answering the phone.

**WHO ALL INVOLVED IN THIS PRACTICE?  
PSYCHOLOGIST/YOGA THERAPIST AND CLIENT**



'VIADUCT TO THE HUMAN PSYCHE'

Leading Mental Health Wellness  
Provider of Kerala

WE ARE INTRODUCING

MINDFULNESS



YOGA & WELLNESS RETREAT



**Mr Girinath Gireesh Kumar**

(Chief Consultant Psychologist - Associate Member to  
Ireland Psychological Society & Former Associate Member  
of American Psychological Association)

JOIN US

+91 8714220578, +91 9895557768, +91 9539750592  
175/CKRA AMMA LANE KARIYAM SREEKARYAM  
THIRUVANANTHAPURAM

www.hiqmentalhealth.com

Follow us on  