

MINDFULL TO MINDFUL



Things falling apart is a kind of testing and also a kind of healing. – Pema Chodron

Let us collectively take a pause!

Reset and refocus on where we put our time and energy that allow us space to slow down and reconnect with ourselves!

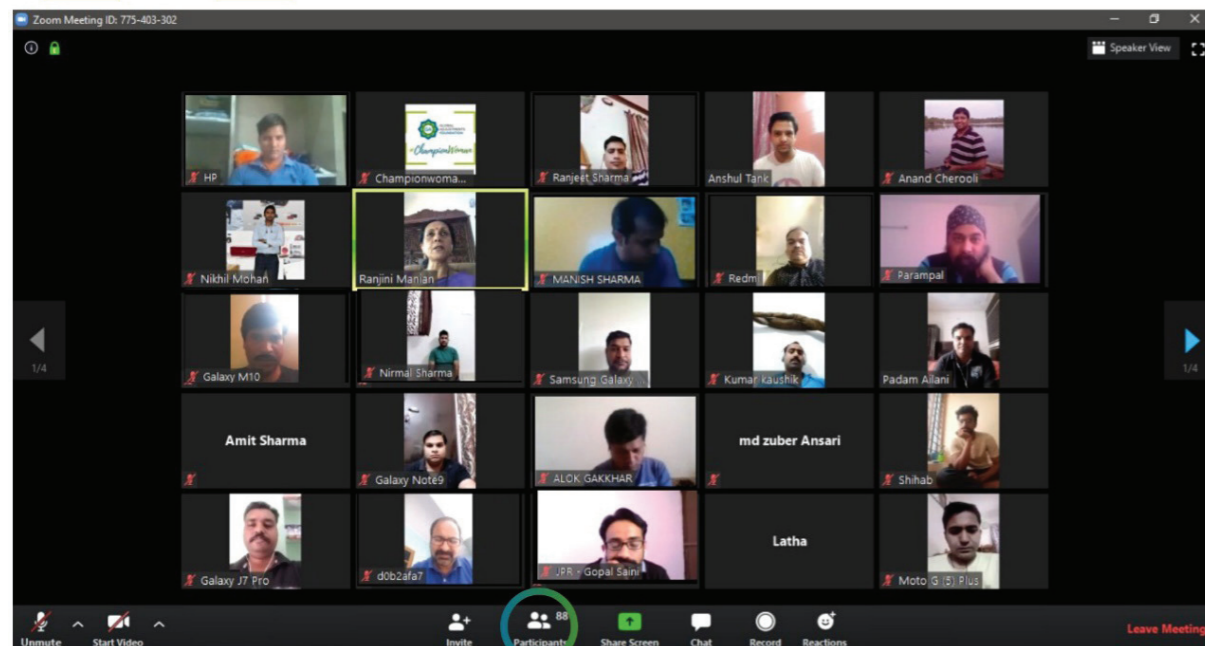
The realigned #ChampionWoman team conducts ZOOM sessions on steady emotional well-being with mindfulness as a tool to help people and organisations focus on the present and remove all anxious/fear-filled thoughts slowly but definitely. When we take the time to tend to our inner world, we can then tackle our outer world with much more ease and stability.

Mindfulness isn't difficult. We just need to remember to do it. – Sharon Salzberg

#ChampionWoman mindfulness session for 400 employees of Pan India corporate Savex in four sessions.

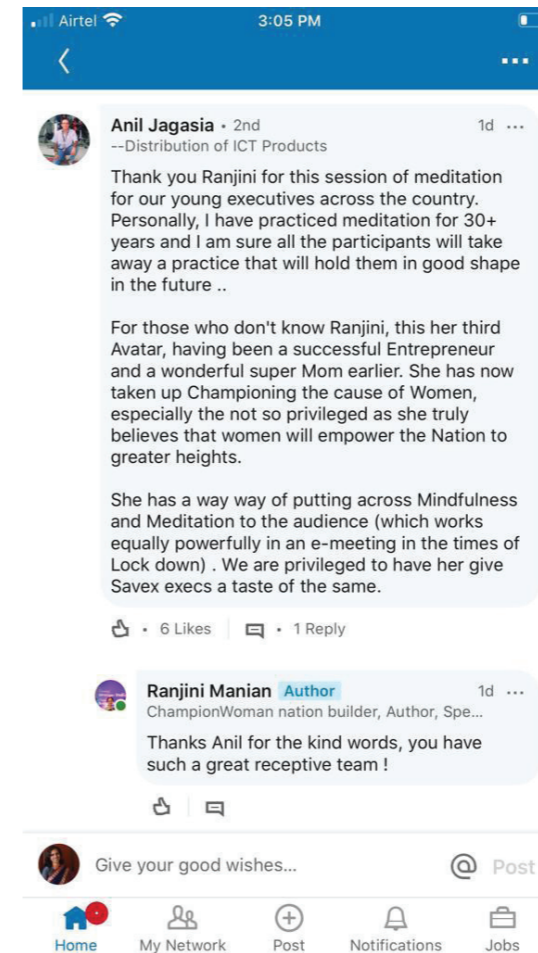


Reset and Refocus with Savex



We at **Global Adjustments Foundation** conduct free interactive **ChampionWoman workshops** for school and college girls and working women.

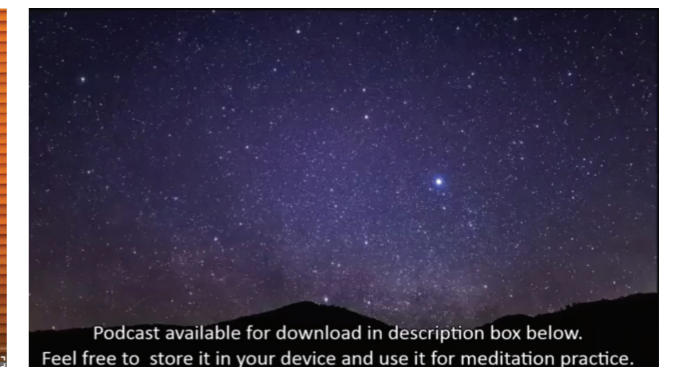
Call at **+91 75502 21513** or e-mail **championwoman@championwoman.org**



Mr. Anil Jagisa chose to share his happiness on his pan-India employees of Savex being provided the relevant learning, via LinkedIn.



<https://youtu.be/U6mtfNdFMgg>



<https://youtu.be/5M6V6pnGQCY>

Do get in touch with us at **7550221513** or write to **lakshmi@championwoman.org** for free 45-minute ZOOM sessions on mindful living.



One letter makes a world of difference



Join us for a virtual introductory session and make a difference to your world !

Designed by Anu Hasan For ChampionWoman

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