

Knowing yourself is the beginning of all wisdom - Aristotle



self to Self Discovery

Our ancient, yet ever-relevant wisdom helps us to experience the 'abundance mindset' tangibly. It's only those who realise abundance in daily life can move, consciously, from self to Self discovery.

We would learn the following that could cause this 'conscious movement.'

- 1) What are valid goals & how to achieve them.
- 2) Why & how to harness inner silence.
- 3) Why & how to access the core of our being.
- 4) Values that aid us in the journey from self to Self discovery.



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Krishna has academic qualifications in Management & Yoga.



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Krishna has done pioneering work on Yoga Nidra & Indic Wisdom for today's life.

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