



# Bharatiya Vidya Bhavan

introduces Training Programme  
to Understand "How to Live Life"

## Join 'Diploma in Holistic Living'

This One year long course will change your life for ever, as you will be free from all Desires, Dreams, Attachments, Confusion and Worries.

### COURSE INCLUDES :



#### 1. Holistic Living

(6 Sundays)

Learn about Spiritualism and Inner-guiding Force called Soul. Understand basic Philosophy of Life.



#### 2. Naturopathy

(8 Sundays)

Prevention is better than Treatment. Learn to keep Doctors away. Follow laws of Nature.



#### 3. Numerology

(4 Sundays)

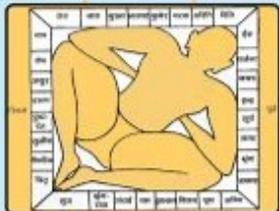
Learn to find your lucky numbers and understand other personalities, just with their numbers.



#### 4. Palmistry

(4 Sundays)

Learn to read your own hand and check your understanding with others.



#### 5. Vaastu

(4 Sundays)

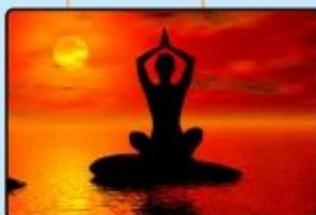
Study the Energy of Space and create better environment at home and office.



#### 6. Hypnotism

(4 Sundays)

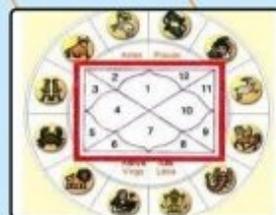
Learn Self Hypnosis to control Anger, Stress, Tension etc. and achieve sound sleep.



#### 7. Ashtang Yoga

(8 Sundays)

Learn and Practice all 8 Limbs of Patanjali's Ashtang Yoga to achieve Perfect Body, Mind and Soul.



#### 8. Basic Astrology

(8 Sundays)

Learn to Write and Read your own Birth Chart, and try to do Calculations to understand Past, Present and Future.

The Aggregate Knowledge of all these subjects will lead you towards Happy and Satisfied Life

For Admission Contact :

**Bhavan's Centre of Indology**

Bharatiya Vidya Bhavan, K. G. Marg, New Delhi-110001

Near Mandi House Metro Station

Tel. No. 9540 005 005, 011-2338 2002

Website: [www.bharatiyavidya.com](http://www.bharatiyavidya.com)

