

ALPHA THINKING THE POWER OF CREATIVE MIND



“The Powerful Technique of Mind Science”

PROGRAMME OVERVIEW

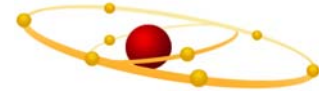
The human mind has tremendous powers. R&D reveals to us we use a maximum of 10% of it. Our brain according to neuroscientists is more powerful than the biggest supercomputer.

Yoga meditation increase brain size as well expand dimension of performance.

By Mahaguru Elanggovan

Quiet your mind and stop judging and resisting and manipulating the natural way.

By Lao Tzu



This programme is designed to deliver clear understanding of complex issues through interactive exercises and discussions. Ancient Yoga Consulting Synthesizing 8,000 years old Yoga Wisdom and Modern Research Findings

“If I am asked under what sky the human mind has most fully developed its choicest gifts, has most deeply pondered on the greatest problems of life and has found solutions of them..., I should point to India.” **By Max Muller**

SELF QUESTIONING IS GREATEST TRAINING FOR DEVELOPING MIND POWER

Why is it that we don't train our mind?

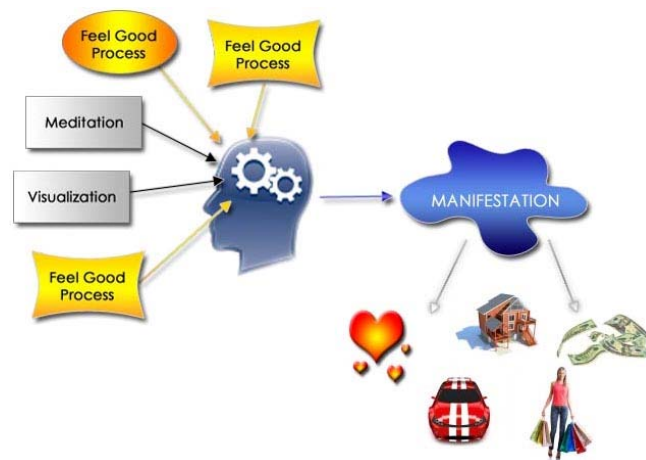
Why don't we enhance our ability to use its massive capacities?

How can we tap its deep potentials?

What are the methods and techniques that help us unlock the mind's mysteries?

How do we unleash its awesome powers?

You as a thinking person need to be asking yourself these questions. Questions always lead to answers.

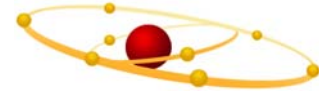


Vision without action is a daydream. Action without vision is a nightmare.

Japanese proverb

Thinking without managing it is a like flight without pilot.

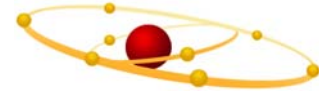
By Mahaguru Elanggovan



Facilitator will help you to un-lock human potential – so that your organisation's profits soar, productivity increases, and market share enhanced and your life given a boost! This programme aims to provide a relaxed and enjoyable interactive session, enabling all delegates to feel at ease, and able to contribute freely. This hands-on workshop synthesizes the technology of Pranayama, Meditation, Yoga Asana, the breakthroughs of brain scientists, advancements in behavioural science, the applications of neuro linguistic psychology and modern research findings. It provides you a complete, comprehensive and holistic pathway to tap the Powers of your Mind. Yes we talk yet we do teach oldest & post powerful practical techniques.

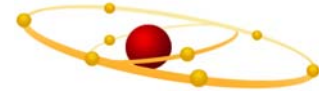
PROGRAMME OBJECTIVES

- ☑ Activate the activities of the Subconscious mind for higher achievements.
- ☑ Integrate the Mind Body Soul complex through experiential techniques.
- ☑ Identify, establish and achieve meaningful goals for continual Personal and Professional Achievements.
- ☑ Give direction to, vitality and depth for more fulfilments in Life.
- ☑ Achieve lasting Self Power.
- ☑ Achieve enduring Success, Happiness, Health and Prosperity.
- ☑ Resume natural attitude of human
 - ✓ 4 great attribute of heart centre
 - ✓ Self-acceptance and confidence
 - ✓ Self-direction and commitment
 - ✓ Risk by choice on own choosing



PROGRAMME OUTLINE

- 5 types of brainwaves and our mind.
- The possibilities of the Alpha Brainwaves. Alpha Level Thinking and Power of Creative Mind.
- 3 types of Mind (Conscious, Subconscious and Unconscious) & dimensions of it. Realize the inter-connection between micro mind of human and macro mind of universal.
- The power of the Subconscious. How to activate the Subconscious.
- The 7 major types of consciousness and methods to utilize.
- 9 attribute of Un-Conditional Love
- The four core mental states and life experience accordingly.
- The powers of a Concentrated mind.
- Activating the Relaxation Response.
- Self Confidence boosting techniques.
- The astounding power of Visualization and 3 major method of imagination.
- How to use more of the Brain.
- Self Power Meditation & Promoting Whole Brain Development.
- Developing the power of a positive mental attitude.
- Overcoming the impact of Stress, Fear and Anxiety on the mind.
- Developing a powerful Memory.
- Appreciate the fundamental door opening process to structure of our Personality.
- Modern Research Findings proving the Ancient System.
- Develop the four positive persona of the subconscious mind for Self Mastery.
 - Dharma : Build the Foundation of Self
 - Jnana : Enhance the Competencies for Self
 - Vairagya : Develop the Key Attitudes for Self
 - Aishvarya : Achieve Excellence and Self

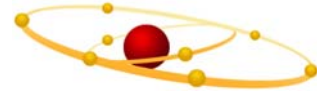


BENEFITS

- ☑ Learn to activate the Powers of your Mind.
- ☑ How to be a happy, focused, relaxed and confident person.
- ☑ How to activate your hidden talents, capacities and potentials.
- ☑ How to connect with your real Self and experience freedom from modern life stresses.
- ☑ How to achieve lasting success, happiness, health and prosperity.
- ☑ How to achieve excellence in your personal and professional Life.
- ☑ Why “Knowing The Destiny Difference From Walking Your Path” by Mahaguru Elangovan.

CORPORATE IMPACT

- ☑ Alpha level mind workplace.
- ☑ Shape the strategic agenda of your organisation.
- ☑ More creative thinking members in organisation.
- ☑ Develop highly effective leaders.
- ☑ Build teams faster and better.
- ☑ Inspire team members to achieve more.
- ☑ Strengthen personal and professional relationships within the team.
- ☑ Heighten self-awareness, build confidence, develop self-esteem.
- ☑ Create a shared vision among management teams and more.
- ☑ Embedding Corporate Vision & Mission as easily acceptable goals by staff.
- ☑ Achieving targets such as sales/performance become easier, faster and higher level.
- ☑ Easily renew mind set of staff for continues improvement and higher business targets.



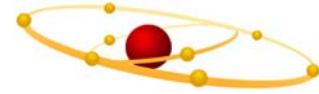
PARTICIPANTS BENEFITS

Psychological

- ☑ Improve memory power
- ☑ Increase remembrance ability
- ☑ Higher creative thinking
- ☑ More focus on task & responsibility
- ☑ Better in concentrating handling jobs
- ☑ Enhance learning capabilities of other training (*sales/services/products/etc*)

PROGRAMME OF PROVEN PRINCIPLES AND TECHNIQUES COMPRISE:

- 8,000 years old Samkhya, Yoga Sutra Systems compiled by Yogic Patanjali.
- Neuroscience.
- Emotional Intelligence.
- Neuro Linguistic Programming (NLP)
- Behavioural Sciences.
- Psychoneuroimmunology (PNI).
- Chronobiology.
- Biofeedback.
- Business.
- Medical Science.
- Philosophy.
- Psychology (Best of western and eastern)
- Psycho-technologies.
- Alternative Medicine.



PROGRAMME METHODOLOGY

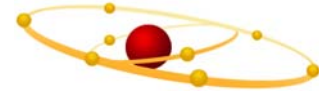
The method employed is on experiential and accelerated principles. It is highly interactive and through various means:

- ☑ Interactive Lectures Facilitations
- ☑ Latest and Advance Medical Case Study on Neuro Science and Yoga Meditation.
- ☑ Syndicate Works
- ☑ Group Discussions
- ☑ Self-Transformation Games
- ☑ Individual Reflections
- ☑ Video Presentations
- ☑ Hands on practical training for Eye Exercise, Kriyas, Asana, Mudra, Pranayama and Dyanam.

WHO SHOULD ATTEND

This programme is suitable for all level of employees from various business units and departments.

Optionally we can group according to staff level to give higher customised theoretical & case study explanation.



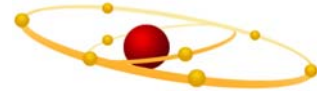
FACILITATOR

Elangovan Thanggavilo holds a Diploma in Human Physiology and Yoga Natural Living from MPYTC Yoga Institute, recognise by United Nation, UNESCO Club. In the past, he has held key position in various Technology MNC including as a CSA in iSPEETS (Malaysia and UK). This highest position in design and developing large software made him a man of multi industry domain expert.

He was a Professional Yoga and Meditation Trainer in country like United Kingdom, India, Australia, Singapore, Cambodia, Indonesia, Brunei, and Thailand. Among Malaysian corporate that have highly benefited from his seminars, workshop, camp related to stress management, and intelligent growth via Yoga Meditation including FMM Melaka, Ohara Disk (M) Sdn Bhd, Philips Internation, Telekom Malaysia Berhad, AEON Co. (M) Bhd, Carrefour Malaysia, IBM (Malaysia, Singapore, USA, Indonesia, Australia, India), Malaysian National News Agency (BERNAMA), National Higher Education Fund Corporation (PTPTN), KL Airport Service Sdn Bhd, Silverlake System Sdn Bhd, Sri Kota Specialist Medical Centre, One World Hotel, MIM-IMS, and Tamil Foundation.

Profound insights in human aspects in the field of stress management coupled with his practical realism about solutions have made him one of the most sought-after speakers in this field. With his vibrant personality and unique flamboyance for establishing rapport with any audience, he handles sensitive issues with utmost respect, empathy, and understanding born of experiences; encouraging that crucial two-way dialogue that brings about positive change in people's lives.

Besides conducting trainings throughout the world he also writes articles, books, journals, and was interviewed by TV3, RADIO24, BERNAMA, RTM 2, and ASTRO on "Art of Ancient Yoga Makes Corporate Moves". His unique invention of Corporate Yoga Meditation and discover many esoteric "secrets" and learn practical techniques for living life more fully in calmness mode and with greater productivity.



PROGRAMME DURATION

Three (3) days

NOTES

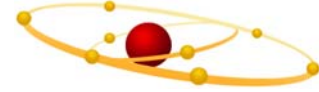
Notes provided free with step by step practicing and yoga posture photos.

CUSTOMISED THEORY LEVELS

Base on organisation request percentage more theory can be fluctuate between Mind Power, Stress, Health, Communication, Objective and Goals.

INVESTMENT

Venue	: To be arranged by Client or Ancient Yoga Consulting
No. of Participant	: Up to 30 participants
Professional Fee	: RM10,500 (RM3,500 / day)
Payment Method	: Cross cheque made payable to Ancient Yoga Consulting. 50% on confirmation and 50% within fourteen (14) days after the completion of the training programme.

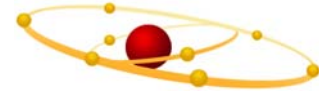


OPTIONAL TRAINING CAN BE 1 DAY, 2 DAYS OR FULL 3 DAYS

All training will be with theory & practical customised in difference of types of posture, types of breathing and types of mudra and content of briefing.

SUBJECT	1 DAY	2 DAYS	3 DAYS
WARM UP & BODY STRETCHING	Complete	Complete	Complete
EYE EXERCISE	3 types	5 types	6 types
YOGA ASANA (Pose)	15-20	20-25	30-35
PRANAYAMA (Breathing Techniques)	2	3	5
MUDRA (Symbols)	3	4	6
DYANAM (Meditation)	1	2	3
7 MAJOR CONSCIOUSNESS (Practical technique to enhance it)	3	5	7
THEORY, VIDEO, GROUP ACTIVITY, CASE STUDY	Accordingly in full	Accordingly in full	Accordingly in full
ALPHA THINKING & THE POWER OF CREATING MIND. (Mainly embedding the VISION & MISSION of your Organisation)	Complete	Complete	Complete
PRACTICAL REVISE WITHOUT THEORY (Q&A and Repeat)	1 Time	2 Times	3 Times

This is estimate and training module can and will be customised minor level according level of participants and their practical participation.



TRACKING IMPROVEMENT OF THOUGHTS USING MODERN BIO FEED TECHNOLOGY

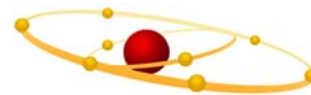
Chakra Aura Camera Service : RM50.00 per participant per session.

Purpose : To read the actual mind state in area like stress, health, mental via BIO feed technology. Covering Physical, Productive, Analytical, Creative, Communicative, Heartful, Sensitive, Intuitive, Spiritual.

Provided : A completing data CD for each individual and briefing will be given.

Recommended : To be done before start training a day earlier.

Optional After Training : Immediately on the evening of training to compare results.

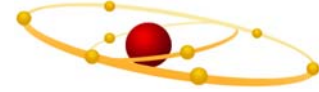


BENEFITS AND ADVANTAGES CAN BE ACHIEVED ARE AS FOLLOW:

GENERALLY OVERALL ACCORDING POSITION THE FOLLOWING :

KNOWLEDGE REQUIRED CAN BE LEARN

Administration and Management	Knowledge of business and management principles involved in strategic planning, resource allocation, human resources modeling, leadership technique, production methods, and coordination of people and resources.
Customer and Personal Service	Knowledge of principles and processes for providing customer and personal services. This includes customer needs assessment, meeting quality standards for services, and evaluation of customer satisfaction.
Personnel and Human Resources	Knowledge of principles and procedures for personnel recruitment, selection, training, compensation and benefits, labor relations and negotiation, and personnel information systems.
Economics and Accounting	Knowledge of economic and accounting principles and practices, the financial markets, banking and the analysis and reporting of financial data.
Mathematics	Knowledge of arithmetic, algebra, geometry, calculus, statistics, and their applications. Computers and Electronics — Knowledge of circuit boards, processors, chips, electronic equipment, and computer hardware and software, including applications and programming.
English Language	Knowledge of the structure and content of the English language including the meaning and spelling of words, rules of composition, and grammar.
Clerical	Knowledge of administrative and clerical procedures and systems such as word processing, managing files and records, stenography and transcription, designing forms, and other office procedures and terminology.
Sales and Marketing	Knowledge of principles and methods for showing, promoting, and selling products or services. This includes marketing strategy and tactics, product demonstration, sales techniques, and sales control systems.
Production and Processing	Knowledge of raw materials, production processes, quality control, costs, and other techniques for maximizing the effective manufacture and distribution of goods.

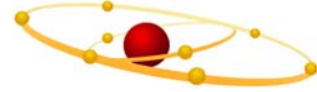


SKILLS REQUIRED , SOME CAN BE LEARN, MOST HAVE TO BE UNFOLD FROM WITHIN VIA CORPORATE YOGA MEDITATION ITS BECOME NATURAL EVOLUTION

Active Listening	Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.
Coordination	Adjusting actions in relation to others' actions.
Critical Thinking	Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.
Speaking	Talking to others to convey information effectively.
Time Management	Managing one's own time and the time of others. Complex Problem Solving — Identifying complex problems and reviewing related information to develop and evaluate options and implement solutions.
Judgment and Decision Making	Considering the relative costs and benefits of potential actions to choose the most appropriate one.
Management of Personnel Resources	Motivating, developing, and directing people as they work, identifying the best people for the job.
Monitoring	Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action. Reading Comprehension — Understanding written sentences and paragraphs in work related documents.

ABILITIES SOME CAN BE TRAIN BUT MOST REQUIRED SIX SENSE (INTUITION) SENSITIVITY VIA CORPORATE YOGA MEDITATION ITS QUANTUM LEAP

Problem Sensitivity	The ability to tell when something is wrong or is likely to go wrong. It does not involve solving the problem, only recognizing there is a problem.
Oral Comprehension	The ability to listen to and understand information and ideas presented through spoken words and sentences.
Oral Expression	The ability to communicate information and ideas in speaking so others will understand. Deductive Reasoning — The ability to apply general rules to specific problems to produce answers that make sense.
Speech Clarity	The ability to speak clearly so others can understand you.
Speech Recognition	The ability to identify and understand the speech of another person.
Written Comprehension	The ability to read and understand information and ideas presented in writing.
Inductive Reasoning	The ability to combine pieces of information to form general rules or conclusions (includes finding a relationship among seemingly unrelated events).
Information Ordering	The ability to arrange things or actions in a certain order or pattern according to a specific rule or set of rules (e.g., patterns of numbers, letters, words, pictures, mathematical operations).
Category Flexibility	The ability to generate or use different sets of rules for combining or grouping things in different ways.



**MAJOR WORK STYLE REQUIRED CONTINUES IMPROVEMENT BECOME
GREATEST POSSIBILITIES VIA CORPORATE YOGA MEDITATION**

Attention to Detail	Requires being careful about detail and thorough in completing work tasks.
Integrity	Requires being honest and ethical
Self Control	Requires maintaining composure, keeping emotions in check, controlling anger, and avoiding aggressive behavior, even in very difficult situations.
Analytical Thinking	Requires analyzing information and using logic to address work-related issues and problems
Concern for Others	Requires being sensitive to others' needs and feelings and being understanding and helpful on the job
Cooperation	Requires being pleasant with others on the job and displaying a good-natured, cooperative attitude
Independence	Requires developing one's own ways of doing things, guiding oneself with little or no supervision, and depending on oneself to get things done
Innovation	Requires creativity and alternative thinking to develop new ideas for and answers to work-related problems
Persistence	Requires persistence in the face of obstacles
Adaptability/Flexibility	Requires being open to change (positive or negative) and to considerable variety in the workplace