



Have you struggled with building or sustaining a meditation practice?

Do you wonder if you are doing it right and if there's a better way?

Do you feel confused by different types of meditation and wonder which one is good for you?



Build a daily meditation practice

Learn the fundamentals of non-judgmental  
awareness

Understand the emerging findings from neuroscience

Build your practice with the power of community

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Jun 17-30, 2024 (Online)

Daily 6.30-7.30 am India Time

Fee: INR 500 / USD 25

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Enroll: [bit.ly/swasth-apply](https://bit.ly/swasth-apply)

Learn more: <https://swasth.org/workshops/>

Questions? Reach out at [workshops@swasth.org](mailto:workshops@swasth.org) or +91 998 783 0945

# Dhyaan

Online



THE SWASTH  
INSTITUTE

*I really liked to reflect with the community, get diverse perspectives, receive guidance from the coach and getting into a rhythm of meditation.*



Shivani  
Pande  
(Batch 3)

*I feel a mindset shift towards meditation which is also hopefully percolating in other aspects in life.*

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# Dhyaan



# Final Call - We start on Monday

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