













Proveen Inner Science

-  1 Mindfulness for Teens
 -  2 Happiness Coaching
 -  3 Incredible You- Your journey towards your best self
 -  4 Emotional Well-being and Growth
- 







Mindfulness for Teens

-  Cultivating Kindness
 -  Cultivating Letting Go
 -  Cultivating Acceptance
 -  Cultivating Pause
- 




Happiness Journey

-  Foundation of Personal Happiness
 -  Applying framework of Happiness in Relationship
 -  Designing your own Happy Routine
- 







Incredible You

10 weeks Journey towards the best self

- 1** Discover your Inner DNA
 - 2** Integrated Power Coding
 - 3** Outcomes
 - 4** Unleash You
- 



Emotional Well-being and Growth

-  Emotions are tools
 -  Combination of Western models of emotional management with Indian Models of emotion-Rasa sadhana
 -  Be the Master
- 

in this busy, chaotic world we rarely
get free from stress about the past and
the future!

Join us to discover how to be aware
and mindful of the present we have
now!!

