

# ZEN OF LIVING'S ONLINE BROCHURE

Zen of Living is a complete non-cultic Mind-Body Health, Wellness and Performance Enhancement System designed to help you blossom to your fullest potential and regain a sense of well-being and vitality. Based on latest research and concrete multi-disciplinary know-how, it works through your authentic inner strength (Self) and empowers you to conquer internal fears, inhibitions, negative thought patterns, behaviors and toxic emotions. **We offer two types of customized packages: Corporate and Personal.**

*You learn scientifically validated skills to help you cope with work-place and lifestyle stress/dissatisfaction thereby improving quality of work, relationships, health, wellbeing, life and occupational satisfaction. Our program will assist you in re-engineering your life with a vision to excel in chosen pursuits and enhance well-being.*

## WHAT YOU GET?

- ☪ Infallible Methods to Bust Stress
- ☪ Improvement in Work Performance
- ☪ Mind-Body Health & Wellness Techniques
- ☪ Behavior Modification
- ☪ Yoga & Meditation Therapy
- ☪ Cognitive Re-Engineering— Eliminate Toxic Thinking Patterns
- ☪ Attention & Awareness Training
- ☪ Visualization Practice
- ☪ Relationship Counseling
- ☪ Body Weight Management (*REWAMP yourself*)
- ☪ *And much more...*

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"19th century Boston born popular poet and philosopher, Ralph Waldo Emerson once penned: "...within man is the soul of the whole; the wise silence; the universal beauty to which every part and particle is equally related; the eternal ONE." Not unlike, "a weed - a plant whose virtues have not yet been discovered," Zen of Living will teach you to discover yourself under the charismatic stewardship of Dr. Parmjit Singh".

*Cecelia Carter-Smith*

*World Record holder in Track, four-time Canadian Champion, & a renowned Sports Columnist*

## PERSONAL DEVELOPMENT/WELLNESS PROGRAM

Speed and technology run our lives and there is a tendency to feel alienated. Zen of Living offers techniques for connecting back to your inner self so that you can realize your true strengths and talents to its maximum potential.

Frequently, we are inhibited by our own fear of fear rather than the *actual fear*. This program will help you to initiate positive changes in your life, take better control of its directions, uncover learned negative behavioral patterns to make changes and solve personal/relationship issues.

## CORPORATE PERFORMANCE & EMOTIONAL RETRAINING KIT (@PERK)

We live in a fast-paced, performance-driven culture where sustained exposure to stress, high pressure demands and deadlines can have adverse effects on both psychological and physical health. This toxic environment can lead to deterioration in workplace relations, reduced productivity, job dissatisfaction, absenteeism and soaring health costs for both companies and individuals. Zen of Living's Corporate Wellness Program is designed to initiate positive changes across all segments of the work force starting from top executives to entry-level employees. **Measurable improvements include:**

- Improved job satisfaction
- Increased productivity
- Higher morale
- Enhanced awareness
- Effective interpersonal skills
- Healthier work environment
- Enhanced creativity and expression
- Lowered absenteeism
- Better emotional control and expression
- Positive life style changes and improved relationships
- Reduced health-care costs and fewer visits to health care professionals
- Control over insurance premiums and health-related work loses



## WHAT SOME OF THE PARTICIPANTS SAID...

*"Excellent program all around. When I'm stressed at work, I am more mindful of how I am handling it. I can hear Parmjit's words of wisdom in the middle of the stress or chaos and I immediately re-focus and calm down".*

*Carrie Montgomery, TD Bank, Stoney Creek*

*"Focusing on the moment...I went through a giant step at work because I listened to me and was able to do it without internalizing it".*

*Gillian Crawford, Stelco*

*"Dr. Singh has a wealth of knowledge, always with an analogy which was always a great way for me to understand. Or it would give me another or proper outlook on certain way of thinking. Excellent."*

*Sandra Lee, Hamilton*

*"I enjoyed it very much. Yoga, Meditation & chanting was very invigorating. Parmjit has a very soothing presence. I hope to get to point where you are".*

*Paul O'Brien, Hamilton*

*"I really enjoyed the course, life-changing ideas and would recommend it to others".*

*Lena DallaPasqua, Hamilton*

*"This program has had a significant impact on my life, mostly at work where I had the most issues".*

*Nancy Macrae, Hamilton*

*"Parmjit, I entered this course with great trepidation...I guess I am bit afraid of what I might find when I look deep inside my heart. But...your approach is gentle and easy to consider. I hope this is just the beginning and that I have the chance to meet up with you again as my journey continues".*

*Jamie Abrams, Novell, Stoney Creek*

*"It was extremely helpful to learn about negative thoughts. At the beginning of the course, I was full of negativity and becoming sick. Today, I feel positive and healthy. I found I loved your discussions. Not once were you unable to answer a question, and your answers always made sense. I would absolutely love to hear you speak again. The difference in my frame of mind after the course is striking. And I have never been more determined (nor I have been closer) to loving myself. Thank you Parmjit".*

*"This course does leave the God out of the answer process. So I did pick and choose the tools fitted me for me. Great stuff".*

*Brenda Abrams, Hamilton*

## THE HEALING VOYAGE @YWCA



*Cheryl Boileau, Stelco, Hamilton*

A COMPLETE MIND-BODY HEALTH, WELLNESS & PERFORMANCE ENHANCEMENT SYSTEM

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*"All area of workshop was very good and well presented. Interesting how the ideas and activities came together. Self-evaluation and Monitoring Sheet is an excellent tool. Enjoyed learning how to meditate and do yoga.*

*Excellent workshop. Would Recommend".*

*Harry Warren*

*Branch Manager, Scotiabank, Ontario, Canada*

*"Fantastic. One of the best whole day workshops I have ever attended".*

*David Llewellyn*

*Manager, Scotiabank*

*"Very interesting. Opened my eyes to different ideas. The self-evaluation was very revealing. Very Enjoyable. Liked Yoga exercises, breathing exercises, and meditation".*

*Gaynor Smith*

*Manager, Scotiabank*

*"I enjoyed doing Self-Audit—helped me to look @ myself & identify some patterns to improve on. Also liked Life Map to identify patterns, Personalized Wellness Program & breathing exercises". Thank you.*

*Kerry Hayden*

*Manager, Scotiabank*

*"Liked the views around balance and combining thoughts, meditation and yoga. Liked the support material which assisted the process. Enjoyed it. Presented different perspective. Learned some new perspectives. Satisfies some curiosity. Hope to incorporate some learning".*

*Robert Jones*

*Branch Manager & Community Manager, Scotiabank*

*"Very uplifting, calming and generally well done".*

*Tina Braam, Milton, Ontario*

SCOTIA BANK RETREAT



# ZEN OF LIVING'S ONLINE BROCHURE

*"This kind of blending of scientific medicine and ancient techniques is really beneficial for treatment of the whole person".*

*Shelly Speed, Owen Sound*

*"Excellent. I believe this could really help in my life. The mind is a wonderful thing that we could use more effectively".*

*Susan Zorich, Welland, Ontario*

*"Reminds us to step and think about feeling within our inner thoughts to allow better outward expression of body & mind".*

*Tina Bilodeau, Timmins*

*"I enjoyed it immensely. I liked the mind-body connection and explanation of physiological processes".*

*Bonnie Steuease*

*"It is interesting to know that there are alternatives to help us cope and fulfill our life. It makes us look at our priorities and make some changes. We coast along until someone like yourself gives us a wake up call".*

*Peggy Mackie, Pt. Edward*

*"Enjoyed it very much. Will definitely use your methods."*

*Lynda Perron, Timmins*

*"This is the 1<sup>st</sup> time I have been in this type of workshop. I enjoyed it a lot. Gives me another perspective on life".*

*..., Kingston, Ontario*

*"Dr. Singh, I haven't been to a Body, Mind & Spirit workshop before, but I feel confident in saying I doubt many are as good as yours was!"*

*Laura Gamble, McMaster University,  
Dept. of Pathology & Molecular Medicine*

*"Extremely well organized workshop. I would definitely recommend Dr Singh as a facilitator. Thank you for your individual instructions and encouragement..."*

*Linda Builder, Hamilton*

## Free Downloads

➤ *Yoga exercises at home*

➤ *Know your constitution*

➤ *Keep a tab on your life*

➤ *Get rid of toxic life & thinking patterns*

➤ *Reap the benefits of meditation*

➤ *Know your body weight status*

➤ *Speak your mind confidently*

➤ *Get free tips for healthy living*

➤ *Tell us what you need more*

**FOR MORE TESTIMONIALS >>**

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You also get Illustrated Manuals or a Resource CD or both. *Read Contents >>*



**Dr. Parmjit Singh** has a PhD in Psychology and Post Doctoral training in Sport & Exercise Psychology from Australia and Canada. He has taught senior-level credit courses relating to Physical, Mental, Spiritual Health and Wellness, Yoga and Meditation at McMaster University, Hamilton. He has authored research papers, participated in live radio talk-shows, contributed articles on health and lifestyle issues to internet sites, engaged in professional speaking and held numerous specialized workshops for community and corporations. One of his courses was featured on CH TV for its unique content and perspective. He was also interviewed on Australian TV about the role of mental training in enhancing sport performance. He has been a member of various national as well as international professional organizations including *American Psychological Association, Australian Psychological Society, International Society of Sport Psychology* and *International Society for Mental Training and Excellence* and specializes in bringing together Eastern and Western wisdom for application to daily life in a scientific and practical manner.

He has been a member of the Community Editorial Board, *The Hamilton Spectator* and is current President of *Hamilton and District Literacy Council*.

Dr. Singh is currently teaching 'Body, Mind, Spirit' course in *Faculty of Health Sciences, McMaster University*, Ontario, Canada and is the Director of *Zen of Living*.

**For more information about individual & corporate prices and packages, contact:**

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**Disclaimer:** This program is not intended as a replacement to a medical advice or treatment. Before joining program, please consult your doctor if you have any medical condition.

*Zen of living is the natural way to success.*