

INVITE SWAMIJI INTO YOUR LIFE

....

TRANSFORMATIONAL COACHING

...

EDUCATIONAL WORKSHOPS

....

TALKS & PUBLICATIONS

*(Offered in English and
French Internationally)*

PERSONAL AND ORGANIZATIONAL BENEFITS

- Enhancing health and well-being
- Increasing motivation and productivity
- Improving communication and relationships
- Empowering leadership and creative expression
- Decreasing healthcare costs

AVAILABLE RESOURCES

*PUBLISHED BOOKS (IN ENGLISH AND
FRENCH):*

- *Less Stress, More Success*
- *The Healing Power of Action*
- *The Healing Power of Meditation*
- *In the Path of Light with Maa: A Journey of Love and Transformation*
- *Inside Tips: A Transformation Workbook*

RECORDINGS (IN ENGLISH AND FRENCH):

- *The Healing Power of Meditation:
mp3 of 7 meditations and 2 mantras*

For more information:

Website

www.InthePathofLight.com

Blog

www.INSidetipsBlog.com

SwamijiP@gmail.com

602.677.0526

Are you ready?

TO AWAKEN YOUR INNER POWER?

....

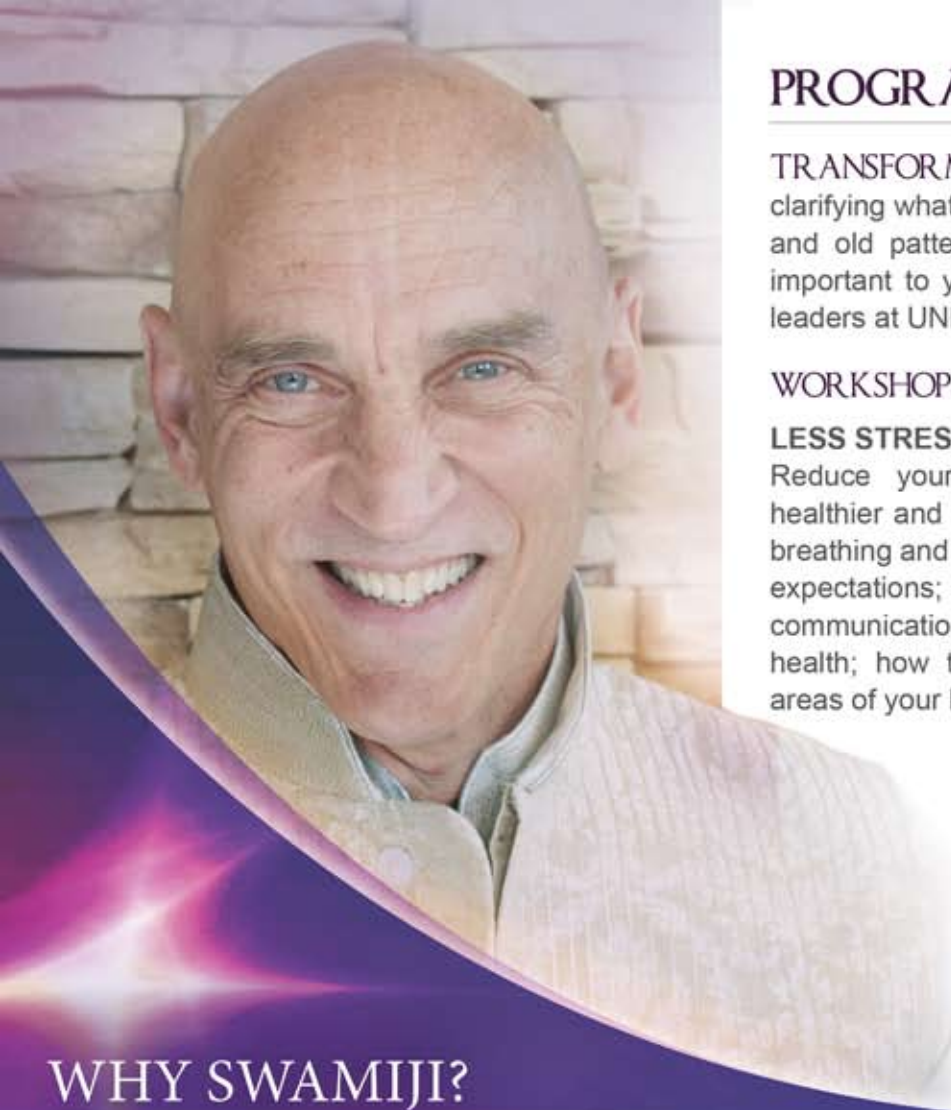
TO TAP INTO THE POWER OF
YOUR EMPLOYEES?

....

TO REINVENT YOURSELF,
YOUR ORGANIZATION?

Swami
Parameshwarananda

TRANSFORMATIONAL TEACHER
COACH & AUTHOR



PROGRAMS

TRANSFORMATIONAL COACHING: As a skilled, engaged partner, Swamiji guides you in clarifying what to transform, and how to reinvent yourself. You shift your thoughts, emotions, energy, and old patterns of behavior, and become more passionate and powerful in achieving what's important to you. Swamiji has coached hundreds of individuals in numerous countries, including leaders at UNICEF, Kaiser Permanente, and Bank of America.

WORKSHOPS/TELECOURSES

LESS STRESS, MORE SUCCESS:

Reduce your stress so you're happier, healthier and more effective in life. Includes breathing and meditation practices; changing expectations; transforming fears; authentic communication; time management; improving health; how to address stress in different areas of your life.

HEALING THROUGH MEDITATION:

Live with greater peace, clarity and power. Covers what meditation is and its benefits; the when, where and how of meditation; breathing consciously for relaxation, release, and centering; working with energy and light; practicing specific meditations; deciding how to incorporate meditation into your daily life.

REVIVE, RENEW, REINVENT:

Increase your energy, awaken to new possibilities and move into action to reinvent yourself and your life. Learn how to shift your perspective, create intentions, rediscover passion, initiate new conversations and ways to express yourself, and establish goals, results, and action plans in important life domains.

WHY SWAMIJI?

- Over 25 years of training and experience in consulting, coaching and teaching
- 20 years of spiritual, energetic practices and evolution with an enlightened master
- Life experience as a husband, father, student, career professional, spiritual leader

SAMPLE TALKS FOR MEETINGS & CONFERENCES

- **Less Stress, More Success** in Your Life, in Your Organization
- **Reinventing Yourself/Employee Reinvention**
- **Enlightened Communication**
- **Enlightened Leadership**
- **Practical Spirituality** – in Life, at Work
- **Healing Through Meditation**
- **Healthy Living**
- **Spiritual Parenting**
- **Inside Tips from My Spiritual Path**