

I have benefited greatly...

Workshop : Life Mastery

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I have benefited greatly, I would like to think, from the various meditative modalities that Dr. Neeta shared during her visits to Ahmedabad. I do think these are very effective ways of spiritual growth, and also for those of us who want to change from a conditioned perception of life, people and most importantly one's self! It is also a wonderful way to de-stress holistically if practiced on a regular basis. I am more at peace with myself & I know this is only the beginning. I hope to dig deeper!

Vijay Chandrani, Entrepreneur and businessman