

# **Bhaskar Goswami : Radical Transformation Mentor**

## ***Signature Corporate Group Services***

### **1. Executive Team Radical Transformation Retreat**

Transformation within an organization begins with personal growth and leadership development. This retreat is designed to create a profound shift in how leadership teams operate, aligning their purpose, mission, and strategies to achieve sustainable growth. The retreat focuses on fostering deep personal reflection, strategic planning, and continuous improvement, based purely on experiential learning and actionable insights.

#### **Aims of retreat:**

Primary aim is to create a leadership culture of continuous development and strategic excellence within the organization.

This 2-part executive retreat is for participants to enhance their leadership skills, align on shared values, and establish a clear action plan for long-term success. The retreat will be capped at 20 participants.

Sessions will be conducted in group settings, with activities including:

- Leadership development exercises focused on vision, mission, and values alignment.
- Strategic planning sessions that translate insights into actionable plans.
- Group discussions to share reflections and challenges in leadership practice.

#### **Outcomes of retreat:**

The purpose of the retreat includes:

- Strengthening executive cohesion and building trust within the team.
- Clarifying the organization's mission and values to align with individual and collective goals.
- Enhancing leadership skills with a focus on intentionality, strategic thinking, and execution.
- Cultivating a mindset of continuous personal and organizational growth.
- Developing an actionable month-by-month leadership action plan for immediate implementation.
- Creating a culture that supports innovation, resilience, and proactive leadership.

#### **Recommended integration sessions:**

- 1 month after the end of the retreat, 60 minutes
- 3 months after the end of the retreat, 60 minutes

#### **Accessories to potentially accompany retreat:**

- Tailored handouts and digital materials generated during the retreat
- Personal and organizational leadership development plans

## **2. 6-Part Course: Principles of Optimum Health**

6-part (1-hour each) comprehensive crash-course on the mechanics, principles, and practices regarding every aspect of optimum health. The Principles of Optimum Health series covers fundamental concepts and practices that will benefit all participants long after the course concludes. It addresses aspects such as physical fitness, vitality, mental clarity and emotional resilience. It combines ancient wisdom with modern medical research and lifestyle improvement techniques to bring the practice into a context that is relevant to our times. It enriches the experience of the participants by engaging their body, emotions and intellect. A 'Principles of Optimum Health' workbook is provided to all participants with weekly 'home play' assignments.

### Aims of workshop:

- **Breathing – Health, Inspired (or 'Breath Works' or 'Breath @ Work')**: Why is the breath of fundamental importance to health? This workshop explores this critical and often neglected aspect of optimum health. It presents simple breathing techniques that quickly alleviate stress, energize the body and focus the mind.
- **Relaxation – The Inside Story**: If relaxation is the opposite of stress, how can this be conditioned? In this workshop we study techniques that enable us to master the inner workings of the relaxation response. The definition of true relaxation is experienced in a guided relaxation at the end of the workshop.
- **Exercise – For Every Body**: Mindful exercise is for every body. How can we all benefit from accessing the wisdom inherent in our body? We will also explore exercises that address some common work environment challenges and offer valuable tips for easily cultivating a meaningful daily practice.
- **Nutrition – Happy Meals**: We have been eating since the dawn of humankind. Why is it suddenly so complicated? This workshop untangles the diet maze and shows us the way to meals that are happy in every way. We will focus on energizing the body and highlight the key points that make practicing healthy eating enjoyable and simple. If you eat, this workshop is for you.
- **Mindfulness – Positive Thinking and Beyond**: This profound workshop starts with the mind-body connection and takes us on a tour of the conscious mind and beyond. This is by far, the most efficient roadmap to optimum health. We conclude with a guided practice that will leave you truly amazed.
- **Integration – From Information and Inspiration, to Habit**: We land with a comprehensive review of all the practices that were introduced, together with guidance through a powerful process for cultivating regularity with each practice and an in-depth Q&A.

### Outcomes of workshop:

- Clarity around the five basic principles of self-care
- An ability to cultivate a self-sustaining regular practice

- Tools and insights to integrate into daily life as informal practice
- Reference material provided to support the practice

Time to complete workshop:

- 6 intensive 60 minute workshops, ideally once a week.

Recommended integration sessions:

- 1 month after the end of the course, 60 minutes
- 3 months after the end of the course, 60 minutes

Accessories to potentially accompany workshop:

- Workbook provided

### **3. 5-Part Course: Inner Game of Leadership**

5-part (1-hour each) comprehensive crash-course on the mechanics, principles, and practices regarding every aspect of mastering self-care. It enriches the experience of the participants by engaging their body, emotions and intellect. A 'Inner Game of Leadership' workbook is provided to all participants with weekly 'home play' assignments.

Aims of workshop:

- **Physical:** We explore the five fundamental aspects of physical fitness. In a way, this physical body is our vehicle for thriving. This is about what makes your unique physical body thrive. We will also explore the most dangerous trap in modern society.
- **Vitality:** Every activity of your body requires energy. Here, we will look at what this energy is, and how it regulates the functioning of your physical body. We will also introduce the practices for the regulation and extension of your vital energy.
- **Mental:** "My mind is spinning!". We discover what is this 'Mind Wheel' that is spinning, why it does this, and how to gain some mastery over it. We will also explore the five qualities that develop with mind mastery.
- **Emotional:** In this workshop, we understand the inner game of emotions. We explore how our physiology affects our psychology and vice versa. We see this from the perspective of body sensations. It's a game changer!
- **Integration – From Information and Inspiration, to Habit:** We land with a comprehensive review of all the practices that were introduced, together with guidance through a powerful process for cultivating regularity with each practice and an in-depth Q&A.

#### Outcomes of workshop:

- Clarity around the 'four layers' of self-care
- An ability to cultivate a self-sustaining regular practice
- Tools and insights to integrate into daily life as informal practice
- Reference material provided to support the practice

#### Time to complete workshop:

- 5 intensive 60 minute workshops, ideally once a week

#### Recommended integration sessions:

- 1 month after the end of the course, 60 minutes
- 3 months after the end of the course, 60 minutes

#### Accessories to potentially accompany workshop:

- Workbook provided

## **4. 6-Part Course: Awareness + Business Excellence**

Mindfulness practice is a way of self-transformation through self-observation. It is a universal technique that has no prerequisites and requires no external implements or beliefs. It is based purely on the observation of breath and physical sensations. The practice reveals the subtle and deep interconnectedness between the body and mind.

#### Aims of workshop:

Primary aim is to create a self- thriving mindfulness practice within the organization.

This 6-week meditation course is for the participants to understand the technique properly and become autonomous in their practice at the end of the course. The sessions are a maximum of 20 students per course.

Sessions will be conducted seated on chairs. Each 1-hour session will include:

- Mindfulness practice based on awareness of breath and physical sensations.
- Teachings on informal mindfulness practice.
- Group discussions on shared experiences with the practice.

#### Outcomes of workshop:

The purpose of the practice includes:

- Cultivating a calm, attentive mind that is capable of maintaining sustained voluntary concentration.
- Experiential understanding of the impermanence of turbulent thoughts and emotions.
- Developing a balanced, peaceful mind that is open to genuine compassion.
- Generating greater vitality, decisiveness and clarity of thought.
- Nurturing a mental state that is conducive to inspiration, joy and creativity.

- Significantly reduce symptoms of pain and enhance ability to cope with chronic pain and discomfort.
- Dramatically decreases anxiety, depression, hostility and the tendency to somatise.
- An ability to cope more effectively with both short and long-term stressful situations.
- An increased ability to relax.

Recommended integration sessions:

- 1 month after the end of the course, 60 minutes
- 3 months after the end of the course, 60 minutes

Accessories to potentially accompany workshop:

- Workbook provided

## **5. 4-Part Course: The Power of Breath**

Why is the breath of fundamental importance to health? When referring to health, we tend to focus on physical fitness or mental training. This 4-part course (1/2 hour sessions) explores the breath as a critical and often neglected aspect of optimum health. It presents simple breathing techniques that quickly alleviate stress, energize the body and focus the mind. No prior experience with breathwork is required.

Aims of workshop:

- Historical overview of breathing practices
- Framework of breathwork in the context of optimum health
- Benefits of proper breathing
- Mechanics of breathing
- Practice of fundamental cooling/ calming and warming/ energizing breathing techniques
- Each part has a breathing practice call to action
- Audio recording provided to participants for guided home practice
- Q&A

Outcomes of workshop:

- Clear understanding of the history, benefits and inner mechanics of breathwork.
- Theoretical and experiential knowledge of fundamental breathing practices.
- Immediate tangible sense of heightened vitality, calmness and focus.
- Informed and inspired to cultivate this highly effective tool for stress management, as a daily practice.

### Prerequisites:

- Recommend all participants to have a 'stomach empty' condition (heavy meals ideally two hours before the workshop).
- Inform the facilitator (via chat feature) of any severe medical conditions relating to breathing practices.
- Participants are seated, no specific attire required.
- Ideally, all participants have their video turned on and all other devices switched off.

### Time to complete workshop:

- 4 intensive 30-minute workshops, ideally once a week.

### Recommended integration sessions:

- 1 month after the end of the course, 30 minutes
- 3 months after the end of the course, 30 minutes

### Accessories to potentially accompany workshop:

- Workbook provided

## **6. 2-Part Course: Mastering Impactful Communication**

Communication is at the core of all human interaction, yet effective communication is often misunderstood or poorly practiced. This 2-part course (1-hour sessions) focuses on developing impactful communication through awareness and practical tools, making conversations more meaningful, intentional, and effective. Participants will learn techniques for engaging in honest, empathetic dialogue and recognize the common pitfalls that hinder clear and meaningful exchanges. No prior experience in communication training is required.

### Aims of the workshop:

- Introduction to the "DYAD": The power of effective listening and speaking dynamics.
- Exploring the "6 Gates of Noble Speech" to enhance clarity and connection.
- Understanding the Communication Triangle: Affinity, Reality, and Agreement.
- Recognizing and countering the four "Communication Poisons" and their antidotes.
- Practice sessions for real-life application of the principles learned.
- Audio recordings provided for guided practice.
- Q&A to address specific challenges in participants' personal or professional communication.

### Outcomes of the workshop:

- A deep understanding of the components of impactful communication.

- Practical skills for listening to understand, rather than to respond or judge.
- Awareness of personal communication pitfalls and tools to counteract them.
- Empowerment to cultivate transparent, empathetic, and effective communication in everyday interactions.

Prerequisites:

- No specific physical condition or attire required; participants should be comfortable and prepared to engage thoughtfully.
- Ideally, participants should ensure a distraction-free environment, with video turned on (for virtual session) and all other devices switched off.

Time to complete workshop:

- 2 intensive 1-hour workshops, ideally scheduled one week apart.

Recommended integration sessions:

- 1 month after the end of the course, 45 minutes.
- 3 months after the end of the course, 45 minutes.

Accessories to potentially accompany workshop:

- Workbook provided for practical exercises and self-reflection.

**All Seminars:**

1. **Principles of Optimum Health: Seminar or 6-part course**
2. **Mind Mastery: Seminar or 6-part course**
3. **Engineering an Extraordinary Life: Seminar or 4-part course**
4. **Breath @ Work: Seminar or 4-part course**
5. **Ashtanga: The Way of Skillful Living: Seminar or 4-part course**
6. **Inner Game of Leadership**
7. **Radical Generosity: Business 2.0**
8. **Dharma Code: The Joy of Purposeful Living**
9. **Ahimsa: The Principle of Fearlessness**
10. **Grace & Grit: Life Lessons from a Himalayan Adventure**
11. **Inner Game of Thriving**
12. **The Four Life Transformations**

- 13. Inner Game of Parenting**
- 14. Inner Game of Relationships**
- 15. Getting Out of the Comfort Trap**
- 16. Work / Life Thriving**
- 17. Overcoming Inner Obstacles**
- 18. Cultivating Confidence**
- 19. Vedanta - The Wisdom of Self Knowledge**
- 20. Meditation for Stress Reduction**
- 21. Custom theme and content based of your objectives**



## **BHASKAR GOSWAMI : TESTIMONIALS**

**Dr. Larry Farwell Neuroscientist | #1 Bestselling Author | TIME magazine 100 Top Innovators of the 21st Century, "The Picassos or Einsteins of the 21st century." – TIME**

How does Bhaskar facilitate such spectacular progress in all areas of life for so many people?

My name is Dr. Larry Farwell. I am a neuroscientist and an author. As a scientist, I seek to understand the natural laws underlying any phenomenon of interest and to bring to light the cause-and-effect dynamics involved. I have seen and personally experienced the profound life-changing effects of Bhaskar's coaching and mentoring. Among the thousands of coaches, mentors, consultants, guides, and experts out there, I wanted to know why Bhaskar is so extraordinary in the benefits that he produces. My exploration yielded a clear answer. In addition to his inspiring, loving, and healing presence, Bhaskar provides practical techniques that go beyond thinking, emotions, and actions. Techniques that allow you to come in clear contact with the essence of your inner being. Based on discovering who you truly are, Bhaskar guides you to more fully unfold the miraculous natural capabilities that lie within you.

I can truly say that Bhaskar's program is miraculous. If you are looking to unfold your highest potential and achieve your dreams in all areas of life, Bhaskar's program will be one of the best investments in yourself that you can make. And you'll have fun doing it.

**Marie-Josée Gagnon | Founder & CEO, Casacom | Winner of Quebec CEO of the Year, 2023**

Participating in Bhaskar Goswami's Radical Transformation program has been an enlightening journey of self-discovery and growth. Bhaskar's mentorship has been transformative, enabling me to gain a deeper understanding of myself. His insights into consciousness have opened new doors for me, providing practical tools to enhance my daily life and relationships.

What amazes me the most is the practicality of his teachings and the rapid pace at which we move forward. This dynamic pace keeps the learning engaging and deeply impactful. Bhaskar's guidance has been a catalyst for significant changes in my life, and I am grateful for this journey of transformation.

**Caterina Milioto | Founder & CEO, Intervia | Quebec CEO of the Year 2022, Les Affaires**

Working with Bhaskar is an absolute delight and gift. He has a natural way to guide with so much kindness and genius. Through his coaching sessions, Bhaskar creates a powerful connection where we feel increasingly aligned with our essence and our path. Every

session brings grace, emotional release and inner peace. I have worked with many exceptional coaches. Bhaskar is at the top of this list. Thank you Bhaskar for sharing your light.

**David Schipper | CEO, Strategic Learning Clinic**

If you're looking to remove obstacles in the way of personal health and professional success, then Bhaskar is your man. He is a cool Zen master and architect of dreams, blending ancient wisdom with modern principles to optimize your life. You will see seismic changes in every realm of your life. It's time to invest in yourself and your future, to make the giant leap that has been your destiny all along!

**Beate Von Huene | Founder & CEO, Boutique Skin Envie**

Bhaskar Goswami's expertise helped us define our mission, vision, values, and 2023 budget objectives. Bhaskar's engaging program fostered open communication and collaboration, while his mindfulness and wellness practices reinvigorated our team. We now have a renewed sense of purpose, a shared understanding of core values, and a solid plan for our 2023 budget. In order to ensure we stay on track and remain accountable, we look forward to continuing with his business mentoring. We highly recommend Bhaskar's services for team-building, goal-setting, and creating a unified vision.

**Dr. Maxime Bourgault | D.Psy, Dir. of Psychotherapy, Mindspace Wellbeing (Numinus)**

Thank you, Bhaskar, for this journey of Radical Transformation. The depth of your presence allowed me to dive deep, to change some key aspects of how I relate to myself and the world around me.

We visited painful emotions to drop the charges and touched blissful states of unity. That's full-spectrum coaching! Thank you for opening up with me. Above all, I still hear your calm voice reminding me that I am a conscious being with choice.

**Louis Delisle | Dir. Project Management, Norda Stelo :**

I committed to a six-month radical transformation through one-on-one sessions with Bhaskar Goswami. From the very beginning, Bhaskar helped me achieve an inner union state regarding my deep-rooted fears and opposing polarities that created struggle and unrest. His insightful guidance led me to newfound vitality, inner faith, and the strength to pursue my desires with a warrior's determination.

This experience has opened me to the possibilities my heart truly desires. Bhaskar's mentorship has been a profound revelation, allowing me to discover and follow a life full of meaning and potential. His approach is both deep and transformative, and I highly recommend his services to anyone seeking to realize their full potential, both professionally and personally

### **Rock Thomas (internationally renowned speaker and author) :**

The last time we did a seminar together, it was hard for me to go on to the stage after you did because the people were still pining for you when you left. **The impact you had on their state, on the hearts, on their minds and on their spirits was so profound.**

You are one of my mentors, one of my coaches and one of the individuals that remind me that I need to visit this energy on a more regular basis in order for me **to be the best person that I can possibly be.**

### **TD COMMERCIAL:**

- "Simple practices that we can all incorporate in our daily lives."
- "Great session, helps to **relax and feel positive about your day.** "
- "Sign me up! "
- "**Great session**, really made me aware of my breathing techniques."
- "Thank you about the great tips about being in the here and now and the breathing techniques."
- "**Very beneficial** - thank you! "
- "Great tips! Great theory behind it."
- "**I'll practice the deep breathing daily** for 15 minutes - Thank you!"
- "The deep breathing will **allow me to relax, and especially help me to sleep.** Thank you."
- "Fantastic - Thank you."
- "Great help. **Really felt a physical difference** in my limbs and lots of value to the breathing . Thank you."
- "**Very insightful.** Love to hear the teachings."
- "**Heightened awareness** on breathing... excellent!"

### **DESJARDINS :**

- "Thanks! For me **it was the answer;** a tool for getting my health back."
- "I feel I am starting to discover all the deepness of what is skilful living."
- "I feel **my body 'unlocked'**, Thanks!"
- "Done with **authentic inspiration.**"
- "The thoughts inspired me to look at ways to **improve my life and my family's.**"
- "The teacher is so in control of the subjects and knows how to introduce them slowly into (our) life."

### **BOMBARDIER AEROSPACE :**

- "Very interesting - **captivating** - teacher really knows how to get us into it. Fantastic."
- "I loved all the workshops! I can already feel some improvements in my personal life (this is almost **unbelievable**). It was the best thing I could have given to myself. Thanks!!"
- "This has been **a great investment**. Everything is coming together so we see the whole picture."
- "Doing this at lunch during the day is a most wonderful opportunity. **I appreciate it 100%**."
- "I was eager to see such a program in place here. I love it and would **recommend it to everyone**."
- "It brought a different understanding than my previous perception. I am so grateful that the company made the effort to provide this and I will make the effort to benefit from this."
- "Very good session. Excellent instructor, **knowledgeable in all domains**. Great job!"
- "We are thankful for your participation in our event and truly believe that the concepts will make its way progressively in the minds our employees and managers. The participants commented on your great communication skills and **wonderful combination of "intellectual-emotions" intelligence**. Your **sense of humor is also A+**. You also have the ability to put everyone at ease very efficiently and enticing people to simply "try it". – Ms. Isabelle Gautier, Bombardier Annual Leadership Seminar 2008

### **HYDRO QUEBEC :**

- "Bravo! It is the first time that I hear these principles **communicated with a scientific point of view**. Mindfulness and meditation have been explained without any esoteric principles or religious beliefs. It is exactly what I am looking for in Montreal."
- "**Best hour of my week!** it reminded me to breathe."
- "An appreciated opportunity to see firsthand the benefit of mindfulness."
- "Thank you, **so relaxing!** I really wish (my colleague) had been present, she is often stressed out!"
- "Very interesting – **I have learned something**."

### **MANULIFE :**

- "Instructor was **passionate**, very knowledgeable and pleasant."
- "Amazing experience, **GREAT speaker** and much gratitude for this opportunity."
- "I am so impressed at how you **engage the logical mind!** It is a pleasure to listen to you paint a picture."
- "I **enjoyed every minute** of these seminars. They are very interesting and useful. Thank you."
- "Excellent presentation and information. **Very motivating**."
- "**Loved it!**"
- "This was an **amazing experience**. Thank you for giving me the opportunity. I am so relaxed now!"
- "Thoroughly enjoyed the experience".

## ROCHE :

- "The seminars are great with **good content and good practice.**"
- "I enjoyed the seminars more than I thought I would. I really felt the peace that the relaxations and meditations brought me."
- "Thank you. I have really appreciated it. It is a **simple and authentic way to present.**"
- "I loved it. It is something that I want to put into practice in my life. Very interesting; **the well-being felt was very appreciated.**"
- "This is very new to me but something I truly want to develop and practice every day. Loved it."
- "I really appreciated and it would be nice to have meditation once a month."

## CITY OF BEACONSFIELD:

- "**Fabulous!** We need to be reminded of the essence of life!"
- "**Very inspirational.** I need reminders from time to time."
- "So interesting. Thank you!"
- "Excellent! Please send me more information about BODHI."
- "Great talk! It would be great to have back."
- "**Excellent presentation.**"

## Other companies and professional events:

- "Thank you for your great presentation. Our members and guests really enjoyed it. Our members got **pepped up for the rest of the day!** I wish you continued success in your work." - Nemo Turner – President, Rotary Club of Montreal
- "Our guests absolutely loved the session. **They were wowed!** It was definitely a hit." – Marie-Eve Leclerc, Event Manager, Tourism Montreal
- "Your approach with the body and energy is so unique and, the way you communicate the principles of breathing and stretching, concentration and visualization, we feel better already. It's clear that you "**walk the talk**". Thank you for this **very enlightening experience.**" – Luc Vermette – President, Johnston-Vermette
- "Our thanks go out to you. **I surely can see the need for your work in corporations.**" - Rosalyn Beaudoin – President, Transitions
- "I have personally experience Bhaskar's practice. I have found newly discovered **peace of mind, empowerment and expanded love** for myself and others." - Anne Beauvais - Co-founder, White Kanvas
- "Calm, funny, knowledgeable. We see you as a real master speaker."
- "Great experience. I felt an intense degree of awareness and control of mind over body."
- "Speaker was generous, inspiring, well prepared and gave practical sensible advice and techniques on how to focus. He's very **enthusiastic, accepting and calm.**"
- "I want to help myself eliminate the anger and the negative emotions that I have. You, with the little session we had, showed the way. Thank you."
- "It was a great pleasure for me to participate in your workshop and the feedback from the team was just great. **I have been practicing every day since your workshop**

and my intention is to have mindfulness as part of my daily life. I found you to be an inspiration."

- "Our thanks go out to you for such a **wonderful workshop**. The entire team enjoyed the session very much and each and every one of us was inspired in our own way. Both my husband and I have put meditation back into our daily lives as a result. For that we thank you."
- "You were amazing! There was a wonderful buzz of energy after your presentation. **Beautifully smooth in your delivery.**"
- "Your workshop was **genuine, well presented and easy to follow**. You are an example of how people should be leading their lives. Your presence, words and thoughts were enough to inspire me to take a deep breath and relax a little more often."
- "Really great and **inspiring**. Do it again!"
- "Very enjoyable and **can benefit all.**"
- "**Great interactive lecture.**"
- "**Your passion is contagious**. Thanks for the feel-good moments."
- "I loved this event! Very informative. **I didn't think I would learn so much in 1 hour!**"
- "Excellent presentation; extremely informative."
- "Really enjoyed the session. Should be repeated sometime in the fall."
- "**Absolutely beautiful** for everything."
- "Thank you very much for your wisdom."
- "Excellent speaker, and informative concerning mind sciences from and eastern perspective."
- "I thank you for all you do to help others!!"
- "Excellent workshop; very informative."
- "You wowed us! **I look forward to transforming my life.**"
- "**Great experience**. I felt some intense degree of awareness, some great control of mind over body, even a curing effect for an injured foot. Thanks!"
- "The feeling of "needing" disappeared and I can go on with my day coming from a place of fulfillment. Thank you."
- "Thank you, thank you, thank you! The experience was **so powerful.**"
- "Wow, that was so amazing, Thank you so much for sharing with us."
- "I have started to understand that yoga is not just another self-help tool, but really a foundation, a pillar to incorporate in your day. Thank you."
- "Thank you for the experience of coming home."
- "Awareness of the whole – **Amazing**. Breathing – an awakening into consciousness. Thank you."
- "I feel like a butterfly, light and peaceful. I peacefully thank you."
- "Thank you for reminding me of who I am. I so easily forget."
- "You are a **calmly inspirational** person, Thank you. Now, following this inspirational presentation I will introduce more presence in my life as a way to become more respectful and peaceful."
- "It's great to learn more about how to heal our mind, body and soul. Thank you!"
- "**Really powerful and funny** at times. Thanks!"
- "Thank you for teaching me 'the why' behind the importance of breathing. It made a difference."
- "Thank you so much. You are **just what the doctor ordered**. It was very refreshing."
- "Great lecture. Great guy. I am starting meditation tomorrow!! Thank you!"

- "This was my initiation into yoga. Thank you for providing understanding and feeling... which I will be able to integrate into my day."
- "Thank you for a wonderful experience and tools. The one thing I need is clarity and I came as close to meditation that I have ever come. **You have given me hope** and I will definitely make it my goal to learn meditation. Thank you."
- "I was always aware of my breathing, but never suspected how influential it was on my thoughts! Thanks for the **powerful presentation.**"
- "Thank you for **helping me create inner peace** this morning."
- "Many thanks to you for your **eloquent, insightful and profound** sharing of spirit, knowledge and energy."
- "Thank you! **You answered lots of my unconscious questions.** This is going to help me improve my quality of life as of now."
- "Thank you, thank you, thank you. (heart) You are an amazing soul. You are **an inspiration.**"
- "I think we have a lot to learn about ourselves and you contributed with sharing your best practice. Thank you for the **great experience.**"
- "Thank you. I read the autobiography of M. Gandhi and was very inspired. He was an example to the world. You represent a living example of his work."
- "This session **taught me a lot** about breathing and meditation."
- "Thanks for helping me see a different aspect of the inner life through the breath."
- "I was **really impressed with your speaker skill.** You express yourself precisely and with a lot of clarity. You have a "sharp" mind. I was pretty familiar with everything you talked about but your way of explaining those concepts made me understand them more deeply. I am grateful for that. I really wish I could study with a teacher like you and explore this great science more and more deeply."
- "Very insightful. **Great touch of humor!**"
- "Thank you for the insights and stories. You made mindfulness so much more a practical thing!"
- "**Great teachings.**"
- "**Excellent presentation.** As a first timer, tonight inspired me to practice mindfulness."
- "**Enlightening.**"
- "Great content, great jokes. **Loved the meditation demonstrations.**"
- "Very interesting. Lots to think about. Thank you."
- "Totally relaxing, calming and informative for well being!"
- "Great session, especially the exercises that involve your guidance."
- "Very enjoyable. You **inspire and keep it light.**"
- "Very informative, relaxing and humorous as well."
- "Always interesting, stress-releasing and fun. **Wonderful conference. Thoroughly enjoyed it.**"
- I am finding it difficult to choose appropriate words to express my gratitude to the universe for having directed me to this most enriching experience. During the twelve series which ended last night, each evening was a source of enlightenment, inspiration, sharing, wisdom and learning. A true delight. The Inner Game of Thriving is a loving gift to oneself.
- Bhaskar Goswami is a generous, sincere and knowledgeable teacher, but more than that he is a walking example of what he teaches. My sincere wish is that this series will continue to be offered to as many people as possible as it offers very real intelligence and wisdom that is accessible to all.

## Feedback from Bombardier Executives on Meditation Course

"Very positive. Provides good training to relax and re-center thoughts. **Brings calmness to chaotic thoughts.** Bravo!"

"Very interesting, good sessions of different kinds of meditation. It is not easy to remain concentrated. Each time I'm better. Thanks!"

"Great initiative. Helped me **get my meditation practice to another level.** Works great."

"**Really like the progressive approach** - theory with short meditations. Helps release stress."

"These sessions are very appreciated, Interesting examples of 'active meditation'. I will put these into practice as often as possible."

"For me it was **an eye opener.** I like the balance between theory and practice."

"I believe this program is beneficial to me and **is helping me to be more focused.** This program compliments one's overall development (healthy body and mind)."

"I really see the benefit of meditation. These sessions gave me the opportunity to learn and practice. I am very pleased and **will continue the practice after the course.**"

"This program has **helped me a lot,** being quiet, more relaxed and feel better. Appreciated."

"Very relaxing. Learning to calm myself, taking a breath each day with ease is great. **Love this course.**"

« Très apprécié, aide à me détendre, j'aime les différents trucs et explications. **Excellent professeur!** »

« Excellent! Permet de relaxer et prendre du recul. Redonne de l'énergie. »

« **Excellent pour équilibrer les émotions au travail.** »

« L'opportunité de faire de la méditation chez Bombardier m'a permis de découvrir **une technique de gestion du stress très efficace.** »

« J'ai beaucoup aimé cela, Elle donnait de bons trucs et c'était collé à la réalité pour l'adapter à notre vie de tous les jours. C'est en train de devenir une routine pour moi, **chaque moment devient une chance de faire de la méditation.** »

« Ce cours m'aide beaucoup à relaxer et à me sentir mieux surtout si je le pratique à la maison le soir avant de me coucher. »

« J'apprécie énormément ce cours. **Je vois des améliorations dans ma vie quotidienne.** Bravo. »

« Les cours de méditation m'aident beaucoup pour ma concentration et pour penser au moment présent. Le cours est bien présenté. »





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