

The course structure and schedule:

Week	Date	Topic	Expected result
1	08/11	1. Breathing basics for emotional regulation <u>Theory:</u> The science of mental health	➤ You feel how simple breathing techniques alter your state of mind and give you energy.
	10/11	2. Express anti-stress	
2	15/11	3. Emotional Intelligence – Guest session by Dhruv Mehta <u>Theory:</u> Seven commandments of emotional well-being	➤ You understand why you have emotions and the mechanism of their emergence. ➤ You acquire an emotional intelligence development technique.
	17/11	4. Ease anxiety <u>Theory:</u> Managing emotional states	
3	22/11	5. Calm mind <u>Theory:</u> Consciousness training mechanisms	➤ You understand the link between your mind and emotions, and how mind clarity can be achieved through developing consciousness and emotional balance. ➤ You feel how closely your body is connected to the mind, and how body work balances the mind.
	24/11*	6. Release toxins from your body and mind	
4	29/11	7. Strengthen nervous system <u>Theory:</u> Nervous system control panel	➤ You learn how vital it is to consciously manage the nervous system and acquire techniques to strengthen it.
	01/12*	8. Exercise set for adrenals	
5	06/12*	9. Basic spinal series <u>Theory:</u> Vagus nerve functions	➤ You improve circulation of the spinal fluid, hence, memory functions; you work on the flexibility of your spine and feel a couple of years younger! ➤ You learn about the vagus nerve – the key nerve of human body, how important it is to support its functions through regular relaxation. During a series of classes, you practice exercise sets for various areas of the body and organs affected by the vagus nerve.
	08/12	10. Exercise set for the vagus nerve 1 (head and neck)	
6	13/12	11. Exercise set for the vagus nerve 2 (neck and chest)	
	15/12*	12. Exercise set for the vagus nerve 3 (chest and abdominal)	
7	20/12	13. Loving Kindness Meditation (Metta) <u>Theory:</u> Regulating the emotion and state of anger	➤ You understand the importance of working with such an emotion as anger, and acquire a well-known and well-tested meditation technique that is considered to be the most effective in neutralising inner anger and development the state of self-love.
	22/12	14. Loving Kindness Meditation (Metta)	
8	27/12	15. Practice of self-love <u>Theory:</u> Self-love	➤ You learn what self-love really is and practice meditations to develop it. ➤ You feel how the state of inner silence is closely connected to being happy.
	29/12	16. Developing inner silence – Guest session	

*For these classes, you will need a mat and a comfortable soft cover to sit on.

Minor changes are possible in the order of themes and practices depending on the group's needs.