

Presents

# Navarasa Sadhana

THE YOGA OF EMOTIONS

An online course on Emotions using  
Mindscape Methodology - an Indian Approach To Education







Using the engaging board game “A World Above the Clouds”, you’ll delve into your emotional landscape in an engaging, fun and hands-on way.



This course is ideal for anyone seeking greater emotional clarity and balance in their lives, especially those who have faced challenges in understanding or managing their emotions. Whether you’re struggling to handle emotional highs and lows, dealing with unresolved pain from past experiences, or navigating relationships with individuals who have differing emotional expressions or validation needs, this course offers practical insights and tools.



It’s designed for individuals who want to explore the link between emotional and physical health, support loved ones through emotional hardships, or heal from emotional damage—be it from childhood experiences, workplace dynamics, or personal relationships. If you’ve ever wondered how to bring harmony to your emotions and strengthen your relationships, this course is tailored for you.



# Module 1

## INTRODUCTION TO THE EMOTIONAL LANDSCAPE (COMPULSORY)

### Overview:

This foundational module sets the stage for understanding and navigating your emotional world. Dive deep into the essence of emotions—what they are, how they function, and their profound impact on your mental, physical, and spiritual well-being. Through this journey, you'll gain a comprehensive understanding of emotional health, balance, and well-being, while also exploring the ancient yogic concept of Prana and its flow within the Pranamaya Kosha.

This module provides the essential tools and knowledge to embark on a transformative journey of emotional empowerment, serving as the foundation for all subsequent modules.

### Learning Path for Deepening Emotional Mastery

After completing Module 1, you will have a strong foundation in understanding emotions and their role in your well-being. To further your journey, you can explore the optional modules designed to address specific aspects of emotional health and mastery.

These modules provide advanced insights, practical strategies, and transformative practices to deepen your knowledge and refine your ability to manage emotions.





## Key Takeaways:

- What are emotions? A complete understanding of their nature and composition.
- How emotions work and influence our daily lives.
- The essence of emotional health, emotional balance, and emotional well-being.
- Introduction to Prana (life force energy) and its role in emotional harmony.
- Understanding the Pranamaya Kosha (the energy sheath) and its connection to emotions.



## Ideal for:

Anyone aged 18 years and above who wishes to explore emotional awareness, enhance emotional health, and achieve harmony in their personal and professional lives.



**40 Days**



**10,000/-**



# Module 2

## EMOTIONAL HEALTH AND PHYSICAL HEALTH

### Overview:

Explore the connection between emotions and physical health, with a focus on lifestyle diseases like thyroid problems, PCOD, and uterine health. Gain insights into how emotional well-being impacts your body and learn strategies for fostering a harmonious balance. Ideal for both individuals and caregivers who wish to better understand this vital link.

# Module 3

## EMOTIONAL HEALING

### Overview:

Delve into emotional healing for yourself and others, addressing wounds from childhood or significant life events. This module is particularly helpful for parents, caregivers, and those navigating emotional challenges with partners, children, or colleagues. Learn how to heal and nurture emotional resilience in yourself and those around you.



# Module 4

## PERSPECTIVES OF EMOTIONAL DAMAGE

### Overview:

Gain clarity on how emotional damage—intentional or unintentional—affects you and others. This module helps you recognize and address emotional deprivation, lack of validation, and the impact of relationships with individuals of varying emotional quotients. Develop tools to sustain emotional balance and maintain healthy interactions.

# Module 5

## SUPPORTING SOMEONE EMOTIONALLY

### Overview:

Learn how to provide emotional support during challenging times such as bereavement or workplace stress. This module equips you with skills to create a supportive environment for family members, colleagues, and friends while maintaining your emotional balance and boundaries.





# Module 6

## NAVARASA YOGA PRACTICES

### Overview:

Engage in a practice-focused module that introduces techniques for emotional harmony and balance. This immersive experience will help you integrate emotional well-being practices into your daily life, empowering you to sustain your progress.



These modules offer a comprehensive path to mastering emotional management, allowing you to address specific areas of interest while building upon the foundational knowledge gained in the first module. Whether you aim to enhance personal growth, improve relationships, or support others emotionally, this learning path is designed to empower and transform.





# Embark on a Journey of Self-Discovery with

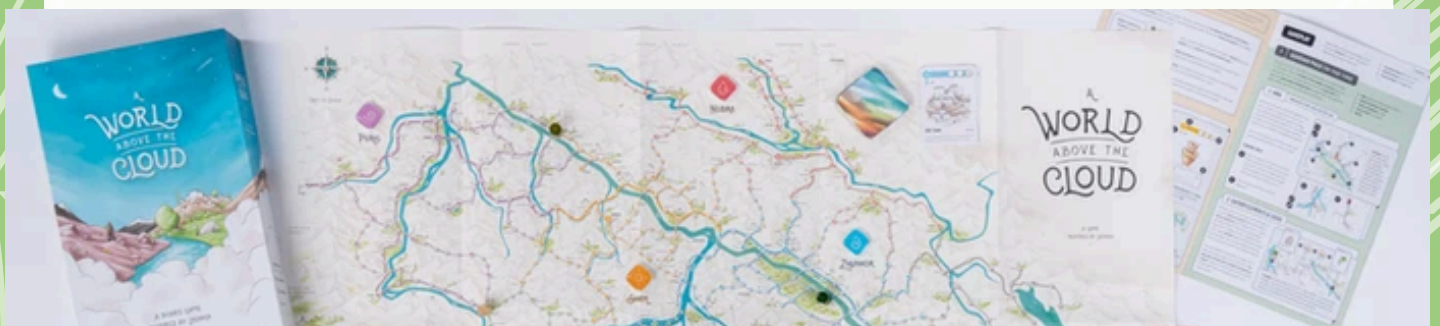
## A WORLD ABOVE THE CLOUDS



This unique course invites you on a transformative journey using the innovative board game, "A World Above the Clouds." Through engaging gameplay, insightful discussions, and reflective practices, you'll explore your emotional landscape like never before.

### What makes this course special?

- **Interactive Learning:** Experience the power of "A World Above the Clouds," a captivating board game designed to unlock your emotional awareness.
- **Expert Guidance:** Learn from experienced facilitators in live online sessions, gaining valuable insights and tools for emotional growth.
- **Flexible Learning:** Enjoy a blend of live sessions, recorded content, and at-home practices, allowing you to learn at your own pace.
- **Community Support:** Connect with fellow participants, sharing experiences and fostering a supportive learning environment.
- **Lasting Transformation:** Develop practical skills and strategies to navigate your emotions with greater clarity, resilience, and self-compassion.





## MODULE 2

Emotional Health  
and Physical Health  
(OPTIONAL)

## MODULE 3

Emotional Healing  
(OPTIONAL)



## MODULE 4

Perspectives of  
Emotional Damage  
(OPTIONAL)



## MODULE 1

Introduction to the  
Emotional Landscape  
(Compulsory)

## MODULE 5

Supporting Someone  
Emotionally  
(OPTIONAL)

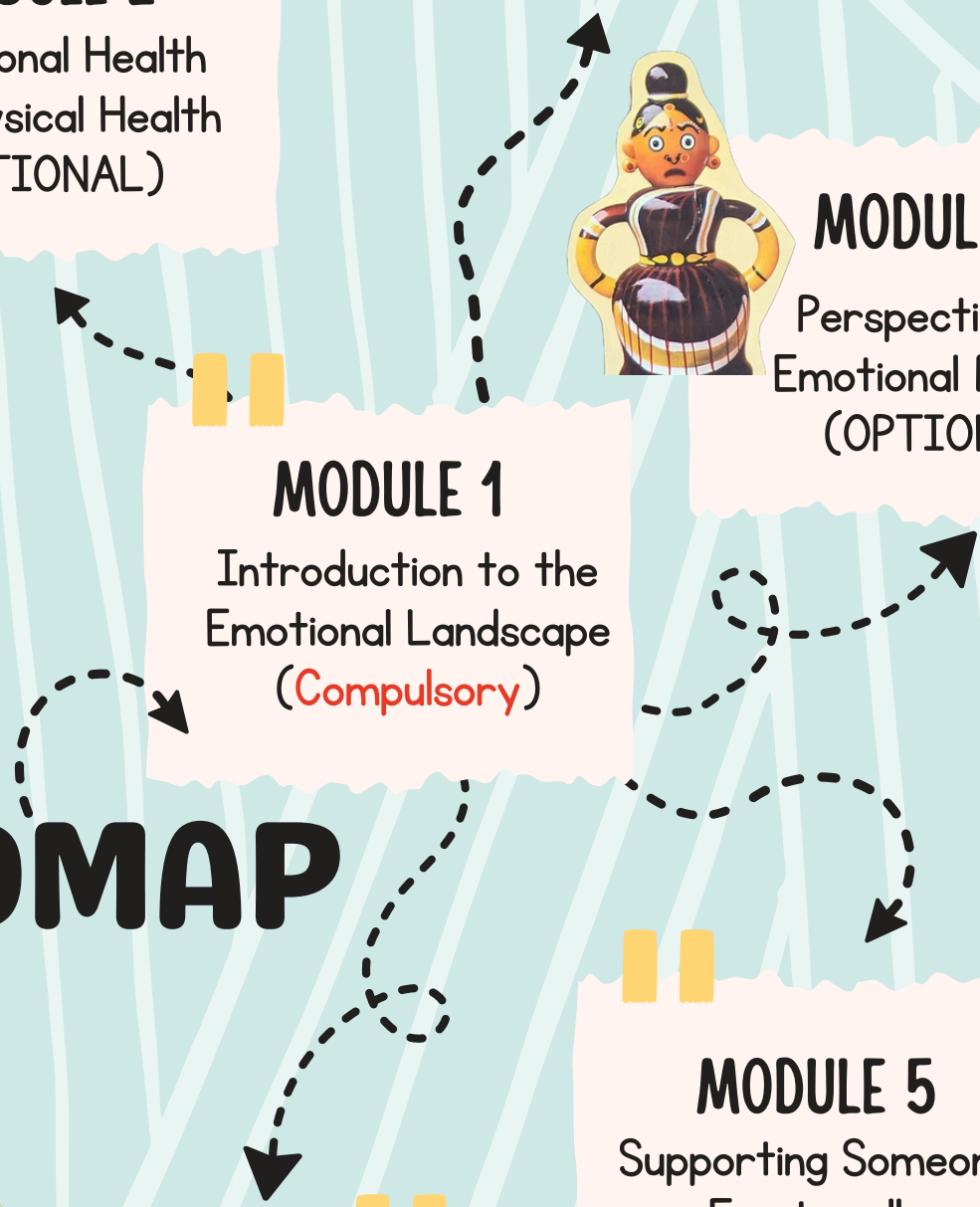


## MODULE 6

Navarasa Yoga  
Practices  
(OPTIONAL)



# ROADMAP



# Additional Details

## COURSE HIGHLIGHTS

**Structure:** 6 modules. The first module is the longest (40 days), subsequent modules are 10-15 days each.

**Cost: 10,000 Rupees per module.**

- **Start Date:** March 1st.
- **Access:** All the Learners will have access till end of April.

### Includes:

- **"A World Above the Clouds" Board Game:** A key tool for self-exploration, providing a fun and engaging way to understand your emotions. (Game purchased separately upon registration) a discount coupon for an offline board game "World above the clouds by Floating Rocks".
- **Live Interactive Sessions:** Online classes, intermittent live classes to connect with expert facilitators and fellow participants in dynamic online discussions.
- **Recorded Content:** Access session recordings for 24 hours, ensuring you don't miss any valuable insights.
- **At-Home Practices:** Deepen your learning through reflective exercises and continued engagement with the board game.

