

Namrataa  
BHATIA



Namrataa Bhatia in  
association with  
**The Womb**



Presents

**Mind Mastery for Success**

## About

Initiator of transformation and an energy practitioner, Namrataa Bhatia is a leading coach for spiritual development and transformational coaching.

She is now dedicated to help participants connect spiritually and delve within to become a high-vibe individual; helping create The High Vibe Tribe community.

She speaks about the universal Realm and believes that the “universe has your back” at all times.

She began her career with lifestyle coaching and image building - and owns two fashion labels - Namrata GB and Man by Nam.

As she worked on the external image of clients she realised that the real strength of style and beauty lies within an individual and that needs to be awakened. She then began to seek within and realised that the power that you have inside enables you to shine bright, adding to your external image.

Her approach is genuine, elegant and simple. Her modalities are based on ancient cultural texts and bring out the inner dynamism in an individual, irrespective of their age. She encourages her clients to live a full life that resonates with your soul's calling.

Namrataa maintains an unwavering focus on her mission to enrich the lives of a clients by teaching them simple processes and practises of living in the Hi Vibe.

She has studied different modalities such as Access Consciousness, the Release Technique, energy practices and EFT, to name a few. While conducting her programs Namrataa customises the use of different modalities to generate maximum results in participants.



# Mind Mastery for Success

Creating a Blue print for extra ordinary living in challenging times

DAY  
01

## Face your fears

Understand the root cause of fear;  
Address your fears and destroy them.

Your Perception creates your Reality.  
Review your current circumstances.

Outcome: Learn to convert fear to faith

Rise above yourself to change a predictable  
future into an extra ordinary one.

DAY  
02

## Gratitude is Key

Learn to express gratitude in every  
sphere of life. Practice the essence of  
deep gratitude.

Outcome: Practice daily gratitude.  
Start the ritual of journaling and open  
up to Receiving.

DAY  
03

## Art of Forgiveness

- What emotions are you holding on to?
- Effect of negative emotions on your  
immunity and well being.
- Learn the art of managing emotions.
- Practice Detachment and work on  
raising your vibration.
- Let go of romancing the past.

DAY  
04

## Crafting A Beautiful Mind

- Learn to create a neutral Mind.
- Be aware of your thoughts.
- Create a mindset which becomes a  
fertile foundation for quick Manifestation.
- Free yourself from limiting beliefs and  
self sabotage.

DAY  
05

## Altered States of the Mind

- Awaken the extraordinary potential in  
daily living by understanding the  
potential of your mind.
- Create a bold new paradigm of self  
actualised empowerment with the  
knowledge of Mind Mastery.
- Scientifically understand the altered  
states of the mind and use them to  
have a powerful and potent life.
- Dive into your inner guidance system.

DAY  
06

## Create a clear vision of your Future

Hold the intention of a new extra  
ordinary future despite the external  
environment.

- Transform self-limiting beliefs and  
behaviour into productive ones.
- Understand Energy as a Frequency  
that carries Information.

DAY  
07

## The Turning Point:

- You are now ready to chose the  
path of least Resistance, that  
allows you to Receive Abundance  
in your life.
- Practice Faith and use the  
knowledge to craft a powerful  
blueprint for your future.

Date : 14 June - 20 June

Time : 4 pm to 5 pm

Investment in yourself:  
**₹3500/-**  
for all 7 sessions.



Payment (Gpay)  
+91 99008 08281

Kindly share screen shot  
with 9845018489 on  
completion of payment.

Account Details

**Kairos Namrata G**

Account No : 013602000001842

Ifsc Code : IOBA0000136

Bank : Indian overseas bank

Branch : shanti nagar Bangalore