



Hello,

Below are some useful links for those of you who attended the Inner Engineering To Bring Self-Management, Self-Awareness, Social Awareness, Responsible Decision-Making, And Relationship Skills Workshop.

For the introduction, explanation, and instructions of the Isha Kriya meditation which we practiced, visit: www.IshaKriya.org.

To learn more about Raising Human Consciousness, watch this video:
<https://www.youtube.com/watch?v=hUeyqLTsGJs>

To learn more about Inner Engineering, visit www.InnerEngineering.com.

Warm Regards,
Isha Volunteers