

HOW TO TAKE BACK YOUR LIFE

Energy

1. HEALTHY LIFESTYLE
2. CHALLENGE YOURSELF EVERY DAY
3. DO THE ENERGIZATION EXERCISES

Concentration

1. FOCUSED ATTENTION TO EACH TASK
2. BE QUIETLY AWARE
3. DO THE HONG-SAU TECHNIQUE

Joy

1. HAVE A POSITIVE OUTLOOK
2. HELP OTHERS FIND HAPPINESS
3. LEARN KRIYA YOGA

