

SN	TOPIC	SESSION NAMES
1	Advanced Competencies for Building Personal Excellence	<p>Eligibility - The advance program is only for the participants who have completed the Foundation BCPE training.</p> <ol style="list-style-type: none"> <li>1. Program of the Art of Living. Breathing techniques.</li> <li>2. Meditation.</li> <li>3. Silence.</li> <li>4. Yoga asanas.</li> <li>5. Self-Discovery.</li> <li>6. Knowledge of spiritual / mental principles.</li> <li>7. Karma Yoga - practice the art of joyful service.</li> </ol>

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