

SN	TOPIC	SESSION NAMES
1	Building Competencies for Personal Excellence.	<ol style="list-style-type: none"> 1. Inaugural Session and Introduction to Breath. 2. Working with the Breath. 3. Yoga Session. 4. Knowledge Nuggets and S.K.Y Practise, Layers of Consciousness. 5. Introduction to Meditation and Initiation. 6. Knowledge Nuggets and S.K.Y Practise. 7. Meditation D.I.Y. 8. Capacity Building and Professional & Personal Skills. 9. Outdoor Activity.

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