



*Happiness - My Birth Right*

# Download Happiness

– By Sukhi Jinendra (Happiness Specialist)

“Happiness is not to be made,  
just to be downloaded.”

What is  
Download  
Happiness?



तो देर किस बात की !  
आज ही एक **click** करके  
अपनी खोई हुई **happiness**  
**download** कीजिये।

f t p i g  
Download Happiness

<https://downloadhappiness.in/>





# What is Download Happiness



*This is a revolutionary, happiness-based learning program, which has been prepared after a profound analysis of the world.*

*The program fulfills our biggest needs of happiness, peace and relaxation. It gives us the right goal, right direction and right attitude to live life.*

*After doing this program, we become able to get out of the biggest problems of the world in a moment, and be happy. It makes us so capable that we can face any situation firmly and win over it. It teaches us powerful strategies to achieve the highest level of life with novel thinking.*

*At the same time, we can keep ourselves physically, mentally, emotionally and spiritually healthy.*





# Our Courses



## Tension-Free Life

You will be taught the art of living a happy, calm and tension-free life through 21 powerful techniques.

### Increase in...



Mind relax



Physical health improve



Attain the true life



Relationships will be nurtured



Experience real bliss



Improves sleep

# Our Courses



## Tension-Free Life

In this course, you will be acquainted to activities, with the help of which many great personalities have attained a blissful state. Through a lucid such language, you can understand the lifestyle of the wise men, their experiences and their selfless knowledge.



Start Date  
21st March



Duration  
03 Days



Timing  
08-9:00 pm



Language  
Hindi-English

**Register Now** ➤

## What's Included?

- Live Session
- Familiar Environment
- Q/A Session
- Assignment and Activities
- Daily Quiz and Challenge

## Advantages

- Your mind will be completely relaxed.
- Your physical health will improve.
- You will attain the true accomplishment of life.
- Your relationships will be nurtured.
- You will experience real bliss.
- Improves sleep patterns (metabolism).

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# Our Courses



## Powerful Meditation

(Morning Batch)

Meditation is the most precious thing in the world, which every human being wants to bring about in his/her life; however.



Start Date  
25th March



Duration  
21 Days



Timing  
6:30-7:00 am



Language  
Hindi-English

**Register Now** ➤

## Increase in...



Sharpness of mind



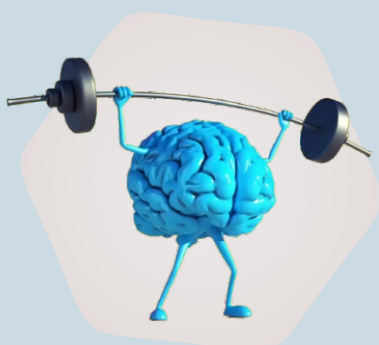
Awareness



Learning capacity



Concentration



Creativity, Productivity



Decision-making skills



# Our Courses



## Powerful Meditation

(Night Batch)

due to not knowing the right nature and right process of doing it, we are unable to accomplish it. In this course, we will understand the nature of this powerful meditation profoundly and subtly, right from the base, in simple language and through practical use also make it an integral part of our lives. Therefore, we can see that without meditation neither success nor goals can be attained.



Start Date  
25th March



Duration  
21 Days



Timing  
9:30-10:00 pm



Language  
Hindi-English

**Register Now** ➤

## What's Included?

- Live Session
- Yogic Activities
- Q/A Session
- DEEP knowledge of Meditation
- Meditation experiences of thousands of people

## Advantages

- Increases concentration and productivity.
- Growth in sharpness and awareness of mind.
- Controls overthinking.
- Reduces stress, anxiety and depression.
- Lessens the risk of cardiovascular and mind-based diseases.
- Improves sleep pattern (metabolism).

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