



# Ananda Workshop Schedule

**Manage stress, overcome anxiety -  
tools for tapping into inner reservoir of energy, resilience and happiness**

**Instructor: Ashwani Dhall**

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**Living the life of peace and enthusiasm - Tap into your own breath**

**Instructor: Prabhat Singh**

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**Breath of yoga - tools to breathe in energy, breathe out stress**

**Instructor: Jiazhen Zhang**

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**Tools to manage extreme stress, promote wellness - wellness workshop for police**

**Instructor: Sunanda G**