



# HIMGIRI IN ACTION



# KEY BENEFITS

## **AFTER COURSE COMPLETION:**

In every field or profession, there is a highly accomplished/well-experienced mentor who oversees and supports their employees. Similarly, in spirituality, it is essential to spend time and learn from someone who has completed their spiritual journey and thus can guide others. They will guide you beyond theory, showing you how to apply spiritual teachings in everyday life practically.


At our centres, you will meet people who have completed the Himgiri course and continue to apply the teachings in their daily lives. Through the way they live, carry themselves, and interact with others, they demonstrate the positive impact the course can have on any individual.

We invite you to our centres so you can speak with them, ask questions, and learn from their experiences first-hand, as their lives serve as testimony to the Himgiri course.

## **WHO IS THE HIMGIRI COURSE FOR?**

Everyone. Whether you are seeking:

- ★ Inner peace
- ★ Moral guidance
- ★ A deeper purpose
- ★ Emotional, Physical, Mental or Spiritual healing.

 **SELF-UNDERSTANDING**  
UNDERSTAND WHO YOU ARE - LEARN HOW TO BE CONTENT

 **EMOTIONAL BALANCE**  
FEEL CALMER, MORE CENTRED, AND AT EASE.

 **POSITIVE THINKING**  
REPLACE NEGATIVE PATTERNS WITH UPLIFTING THOUGHTS.

 **WELLBEING & FULFILMENT**  
EXPERIENCE HAPPINESS, HEALTH, AND INNER PEACE.

 **SIMPLE PRACTICES**  
MEDITATION • EDUCATION • YOGA • REFLECTION • SELFLESS SERVICE.

 **SUPPORTIVE GUIDANCE**  
COMPASSIONATE, NON-JUDGEMENTAL SPIRITUAL COUNSELLING.

 **SELFLESS SERVICE TO OTHERS**  
GROW THROUGH LOVE, TRUTH AND SERVICE.



## THE HIMGIRI COURSE

The Himgiri course is designed to benefit everyone by guiding individuals towards a more balanced, positive, and fulfilling way of life. It teaches how to live within society while remaining deeply connected to nature and our true purpose.

The course comprises 9 units, all of which relate to self-development, spirituality, and life skills. The course is 10% theory and 90% practical, and lasts 9 months (1 class per week for 1 hour).

The Himgiri course is divided into two stages. The first stage focuses on learning and understanding the course theory. The second stage involves spending time with a spiritual teacher, where you will learn how to put the theory into practical application in everyday life.

Students also have the opportunity to stay and learn at our spiritual centres for 40 days, either in Mumbai or attend weekly sessions in our UK centres, allowing for deeper spiritual growth through direct guidance and experience.

**No prior education or qualification is required for the course— Himgiri is open to all.**

**For more course information, contact us or visit our website. (Details on page 6)**

## WHAT YOU WILL EXPERIENCE



- Tools to help you navigate through life
- Reflection on life values
- Opportunities for selfless service
- Spiritual Knowledge
- Meditation & mindfulness

## HOW WE CAN HELP YOU

Himgiri is not just an Educational Course — it's a way to live peacefully and positively – Become a part of it.

- ✓ Stay calm under pressure
- ✓ Improve relationships
- ✓ Gain clarity in decision-making
- ✓ Feel more grounded and fulfilled
- ✓ Contribute positively to your community
- ✓ Learn about life, nature, spirituality and more.



# HIMGIRI

GLOBAL INSTITUTE OF NATURE  
AND MANKIND

INTRODUCTORY LEAFLET



# HIMGIRI EDUCATION

A path to a meaningful and fulfilling life.

## DISCOVER THE RIGHT WAY TO LIVE

Himgiri Education teaches one how to live in harmony with nature. We offer a simple, practical approach to understanding yourself while building a strong foundation of values, purpose, and understanding in life.

## WHY HIMGIRI?

In today's fast-moving world, many people experience mental, physical, or emotional stress, uncertainty and general obstacles in life. Himgiri provides a course that will positively assist you in overcoming these:

- ✦ Learn about spirituality and find peace of mind
- ✦ Build emotional and mental resilience
- ✦ Develop strong personal values
- ✦ Live with greater clarity and purpose

## CONTACT & INFORMATION

Interested in the Himgiri course?  
Email us with any questions or for more  
information – we'll be in touch soon.

Visit our Website:

[www.himgiri.co.uk](http://www.himgiri.co.uk)

Email us:

[info@himgiri.co.uk](mailto:info@himgiri.co.uk)

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