

# Joyful Living

## SELF -HELP CARE & COACH PROGRAMME

Online, one-on-one sessions



**"If you are wise, refuse to be miserable."**  
Swami Swaroopananda ji.

**One on one sessions as each one of you is unique !  
A short, effective course to learn to live in Joy.**

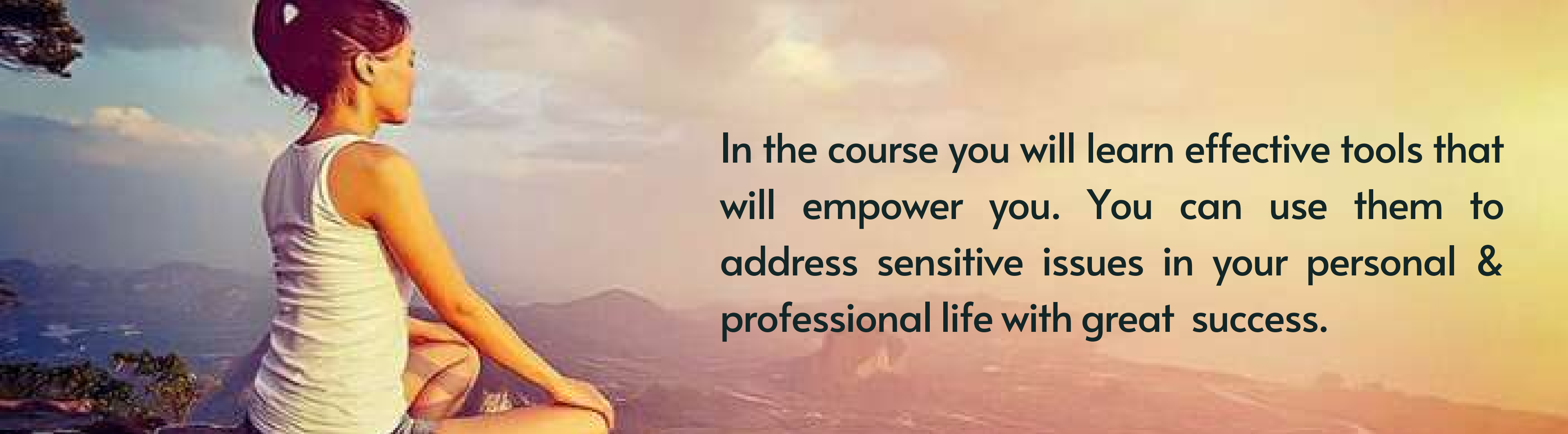
Ritali Aumrita is a Holistic Energy Healing teacher & practitioner with 15 years of experience. Her specialty is teaching Intuitive Tarot, Self Help Care & Coach (Creating - Joy workshops), Face reading & body language courses. As we are all unique, the courses are tailor- made for specific needs.

She is certified in healing practices such as Chakra healing, Jikiden Reiki , Bach Flower Therapy, EFT, Dowsing & Space clearing. She has her own Healing studio in New Delhi.

Ritali pursued intuitive reading practices and holistic energy therapies because of her desire to provide skills and tools to individuals so that they may be self-reliant, emotionally balanced and understand how to live to their full potential . She is a gentle, patient, positive & inspirational teacher. Her focus is on helping students find inner peace through empowering sessions.

+91 9810013640

ritalli.dhillon@gmail.com



**In the course you will learn effective tools that will empower you. You can use them to address sensitive issues in your personal & professional life with great success.**

## **About the Program**

**Some key interpersonal skills you will learn:**

**Living in the Now, Forgiveness and compassion, Tools to release stress, Emotional well-being, The Gap Method, Buddhist Principles, Gratitude exercises, Rituals to invoke positive energies for meetings, presentations & relationships, Progressive Manifestations, Power of your mind.**



I Ritali is a wonderful teacher with no doubt excellent subject knowledge, but she is also very patient and open minded. The spreads that she takes you through in this course are so simple yet profound. Lots of love Ritali and looking forward to do many more courses with you.

Love and Light

*Swapna Shetty, Pune*

My visit to one of the most soulful sessions of tarot with @ritali "Healing With Feelings" ☀️ It was the most soul cleansing, insightful and amazing guidance that I got, truly a lovely session. Thank you so much #ritali, you truly are an angel, who is blessed and blesses everyone who comes to her.

*Shibani Kashyap, Mumbai*



Ritali Ma'am is a fantastic teacher and a wonderful human being. I have been learning Osho Zen from her since last month and it's an absolute delight to be her student. Her way of teaching is so simple and pragmatic and her vibes are extremely positive. I look forward to our classes.

Much gratitude to her

*Kruti Sharma, Mumbai*

Learning from Ritali Ma'am has given me in-depth knowledge. She has taught me intuitive Zen Tarot with great patience and understanding. I have got a lot of confidence for doing readings through it.

*Fiona, Sydney*

