



SKY Introspection course-I

For Whom

This course is designed for individuals who are interested in personal growth, self-discovery, and transformation.

Entry Requirement

Minimum age requirement for participants who 18 years or older and Physically Fit and level 1 foundation course

Course Overview

- Introspection is a practical methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc. After basic Meditation practices, Introspection courses are given in five stages. They comprise special meditation practices, powerful Introspection techniques and discourses on various aspects of Self, Society and Nature.
- Detailed discussions and scientific explanations are provided on subjects such as 'Who Am I?', Imprints of actions and their purification, Karma Yoga, Relationship between Man and Society, Benefits of Blessings, Greatness of Women, Cause and Effect System, Philosophy of Magnetism, Evolution of Universe and Living Beings.

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Course Content

- Purpose and Benefits of Introspection Practices
- Spiritual Awareness – Spiritual Life
- Manavalakkalai
- Four aspects of Manavalakkalai
- Five Introspection Practices
- Purpose of Introspection practices
- Benefits of Introspection practices
- Sublimation & Perfection
- Panchendriya Meditation
- Purpose of Life
- Philosophy of Life
- Panchabootha Navagraha Meditation
- Analysis of Thoughts
- Moralization of Desires
- Neutralization of Anger
- Eradication of Worries

Course Duration

12 Hrs (4hrs * 3 Evenings / 3Hrs * 4 Evenings)

Medium of Instruction

English & Tamil

Teaching Methodology:

Face to Face Training

Class Size

Recommended Class Size – Classroom: 20

- Min – 10
- Max – 20

Key Person In-charge

Mr. Monish V (General Manager – Corporate Support Division)

Assessment Advice:

NA

Funding & Claims:

NA

Course Fee Inclusive of GST

S\$ 100.93

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Certification

- Based on the successful completion of the course and assessment, a certificate of achievement endorsed by Eversafe Academy Ltd., will be awarded to the trainee.
- E-cert available

Course Venue

- 2 Kampong Kapur Road Little India Near, Jalan Besar, MRT Station Exit B, Singapore 208674
- 3 Soon Lee Street, #04-14/16&17, Pioneer Junction, Singapore-627606
- 2, Joo Koon Road, Singapore-628966
- 2 Wan Lee Road, Singapore 627934

Renewal Points for professionals

SDU Points: NA

Registration Venue

No. 2, Kampong Kapur Road, Little India, Near Jalan Besar, MRT Station Exit B, Singapore - 208674

No. 3, Soon Lee Street, #04-14/16 & 17, Pioneer Junction, Singapore - 627606.

No. 2, Joo Koon Road, Singapore - 628966.

No. 2, Wan Lee Road, Singapore - 627934.



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