

how to be
Happier
while
getting
better



MINDFUL
WELL-BEING



MINDFUL

Well-Being

EMBRACING PEACE, JOY & CLARITY

Mindful Well-Being is a mindfulness-based program that helps you face life challenges with more acceptance. You can become less caught up with memories & habits, while regaining peace, joy and clarity. We believe you can live well with less stress & worries while trying to get better.

HOW MINDFULNESS CAN HELP YOU

Join thousands worldwide to benefit from mindfulness. Scientific research studies from leading institutions, including Oxford University & University of Massachusetts*, have shown mindfulness could help us:

- Reduce stress, anxiety & mood swings
- Enhance well-being
- Handle pains & challenges better
- Improve focus & memory
- Strengthen immune system & improve sleep
- Foster better relationships

WHO IS THIS FOR?

Mindful Well-Being is designed for adults who are facing stress, pain, illness or emotional issues, especially:

- Patients, their family members & caregivers
- Those who want to improve their quality of life

** Oxford Mindfulness Centre, Oxford University, UK; Center for Mindfulness in Medicine, Healthcare & Society, University of Massachusetts Medical School, USA*

A Gift of **WELLNESS**



YOU WILL RECEIVE:

- Personal coaching
- Simple practical tools that you can integrate into your daily life
- Experiential learning & hands-on techniques
- Guided self-discovery

OUR PACKAGES

Embark on your mindful well-being journey

EXPLORER COURSE
4 sessions

ENGAGER COURSE
6 sessions

ENVISION COURSE
8 sessions

Bringing a friend? Call us for group coaching.

YOUR MINDFULNESS ENGAGERS



Lee Mean Yeit connects with adults through mindfulness. He leads Corporate Strategies in Healthcare.

- MSc Management Science (Stanford University, USA)
- BEng (Hons) Engineering (Imperial College London, UK)


Ng Teng Yan is an educator who engages adults, teens and children in mindfulness.

- MA Education (Roehampton University, UK)
- BA Psychology (Stanford University, USA)



Mindfulness projects undertaken include:

- Public workshops for adults, teenagers & children;
- Training sessions for Asian Banking School, Berjaya University College of Hospitality, Hong Leong Foundation - SOLS 24/7 ROAR Scholar Development Programme, SOLS Health, Solar Academy for Innovations & Acton Academy Kuala Lumpur, among others.



“I’ve learnt so much. I wish I’ve learnt mindfulness at kindergarten.”

*Dr Kua Lay Cheng,
Doctor, Penang*

“What I benefited most was being mindful of feelings and thoughts.”

*Luqman Watanabe,
Engineer, Seremban*

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