

Santosh Joshi

Life Transformation Coach | Author | Speaker | Regression Therapist
Corporate Trainer | Founder of **SKY** Healing



Mission

*To create a healthier,
happier, and more
conscious world by
helping people
transform from within*



Meet **Santosh Joshi** – Life Transformation Coach, Author, Speaker, Regression Therapist, Corporate Trainer, & founder of **SKY**™ Healing.

With a rare blend of corporate leadership experience and deep expertise in emotional wellness and human transformation, he has spent more than 15 years helping individuals and organizations achieve lasting inner and outer growth.

An engineer by education, Santosh spent nearly two decades in leadership roles across Indian and multinational companies. Despite professional success, he felt a deeper calling toward understanding the human mind, emotions, behavior, and inner well-being. This led him to transition from the corporate world into the field of healing, coaching, and personal transformation.

Over the years, he has trained extensively in regression therapy, mindfulness, emotional healing, stress management, and transformational coaching. His journey eventually led to the creation of **SKY** Healing – a powerful 12-minute daily practice designed to calm the

mind, strengthen emotional resilience, and help individuals break free from stress, fear, and limiting patterns.

Santosh's work has been recognized across diverse platforms. He was invited by the Indian Army to introduce **SKY** Healing within one of their units and was also invited by the Prime Minister's Office in Dubai to conduct a transformational workshop. Through corporate programs, retreats, therapy trainings, and one-on-one coaching, he has impacted professionals, entrepreneurs, leaders, and seekers from different walks of life.

What distinguishes Santosh's approach is his ability to combine practical wisdom with deep human insight, offering grounded, meaningful, and result-oriented transformation for modern life.

*You are the
master of your life
and your goals.
It is you who decides
what you'll achieve in
life and the means
you will use to get
there.*



*The Story Behind **SKY***

SKY was born from a personal quest to find a practical solution to the stress and pressures of modern corporate life. During his nearly two decades in leadership roles across Indian and multinational organizations, Santosh Joshi experienced firsthand the challenges of managing performance, responsibilities, and well-being in a demanding environment.

Driven by a deep desire to understand and overcome stress, he embarked on an extensive exploration of human behaviour, mindfulness, breath-work, and inner transformation. This journey led to the development of SKY- a simple yet powerful technique that uses the body's natural mechanisms and the power of breath to reduce stress, enhance focus, and restore emotional balance.

What began as a personal practice soon transformed the lives of thousands, earning SKY its name- a reflection of its limitless potential to elevate human well-being and performance.

SKY™ – A New Age Technique with a Futuristic Approach

SKY is a 12-minute path-breaking technique that instantly reduces stress and transforms your life at a multi-dimensional level.

- This technique is short, simple, and can be practised anywhere, anytime
- It uses your body's own mechanism and breath as a powerful healing tool
- It is highly effective and completely safe with no side-effects
- It is a powerful technique to stay focused in a stressful environment
- **SKY** frees you from past doubts and future anxieties making all your attention units available in present time
- It is a technique that helps you manifest the life of your dreams
- The technique boosts positivity and builds optimism

SKY™ - Benefits

- It instantly reduces stress and if practised regularly can avoid further generation of stress
- Takes care of various lifestyle diseases
- Cures depression and anxiety
- Helps you manifest your goals
- Keeps you energetic and motivated
- Improves your relationships
- Helps you defeat negative belief systems
- Improves efficiency and productivity
- Leads you discover your true potential



The technique has touched many lives and has received interest from people from all walks of life.

Our Signature Workshop



SKY™-way to Success

This is not just a workshop; it's a turning point for employees and organisations looking to create an emotionally intelligent, and high-performance work culture. Participants walk away with practical tools and deep insights that empower them to shift from survival mode to thriving mode.

Duration : 3 Hours

Contents:

- Understanding root cause of stress
- How to handle negative emotions
- How to combat stress
- Learn incredibly powerful SKY technique
- Group exercises
- Grounding meditation

Take-away:

- Tools for self-management and stress-free working
- Methods to bring out the best potential for better outcome
- Improved efficiency and productivity
- Improved relationships at work

Personal Mastery & Leadership Programs

Discover - Evolve - Thrive



Breaking Barriers

Duration : 3 Hours

Break free from self-imposed limitations and the belief patterns that hold you back. Learn to reframe your inner dialogue, expand your possibilities, and unlock your highest potential.

Contents:

- Going beyond your limiting beliefs
- Finding your Personal Lie
- Affirmations
- Manifestation Meditation

Take-away:

Forming new positive, empowering beliefs, reclaim your hidden strengths to manifest your dreams



Values At Work

Duration : 3 Hours

Success of an organisation is built on the foundation of strong values. An inspiring workshop to help you to redefine your path to fulfillment, and cultivate the mindset and principles needed for true accomplishments.

Contents:

- How to live your best life
- Success Vs Failure
- Values to achieve Greatness
- Group Meditation

Take-away:

Discover timeless principles that shape character, strengthen leadership, and guide meaningful decisions in both personal and professional life.



Find Your Treasure

Duration : 3 Hours

Hidden opportunities often lie just beyond our greatest fears. This powerful workshop helps participants overcome self-doubt, embrace uncertainty, and discover the untapped possibilities waiting within.

Contents:

- Leaving comfort zone
- Re-discover your True Potential
- You are the Best
- Visualisation Meditation

Take-away:

Go beyond comfort zone and rediscover your true strengths. You can be what you always wanted to be.



Mindful Leadership

Duration : 6 Hours

True leadership begins with self-awareness. This empowering workshop offers timeless wisdom and practical insights to help you lead with clarity, align with a higher vision, and discover through inner exploration.

Contents:

- Leadership Quotients
- Lessons from Vedanta
- Individual and collective Purpose
- Finding your Purpose Meditation

Take-away:

Explore how purpose, mindfulness, and inner alignment can help you inspire others, make better decisions, and lead with confidence and authenticity.

Reconnect - Recharge - Realign

Transformative Retreats & Corporate Offsites

Step away from routine and into an environment designed for growth, connection, and renewal. Our retreats and corporate offsites combine leadership development, emotional wellness, mindfulness, and experiential learning to create meaningful and lasting impact.

Designed for leadership teams, employee engagement, wellness initiatives, and strategic gatherings,

these immersive experiences strengthen collaboration, enhance communication, build resilience, and inspire fresh perspectives.

Conducted in carefully selected destinations, each program is customized to align with your organization's goals, helping teams return energized, focused, and better equipped to perform at their highest potential.



Duration : 3 Days or as required

Contents:

- Stress Detox, Breath-work, Guided Meditations
- Forest Bathing, Nature Trails
- Bonding, Team-building
- Group Reflection Circles
- Personal Empowerment Module
- Group exercises

Take-away:

Participants get recharged, with reduced stress, stronger team bonds, enhanced communication, renewed clarity to tackle challenges with fresh perspective.



BHUTAN | NEPAL | THAILAND | BALI | MAURITIUS

GOA | JIM CORBETT | KERALAM | OOTY | DHARAMSHALA

Get Santosh Joshi to free your workspace of
Stress and **Energise** your team.

Empowering Minds, Teams & Leaders

Powerful talks that inspire fresh thinking, strengthen resilience, and empower individuals and teams to perform at their best.



Beyond Limits

Unlocking Human Potential
Beyond Limiting Beliefs

Mastering Stress
Understanding the Mind,
Thriving Under Pressure



Leadership with Wisdom

Timeless Principles for Success,
Fulfillment, and Happiness

Sustaining the Momentum

Our post-workshop engagement programs are designed to sustain learning, strengthen well-being, and create lasting positive change within the organization.

Meditation & Breathing Sessions

*Weekly guided practices that reduce stress, improve focus, and build emotional resilience through mindfulness, breathing techniques, and **SKY**™ follow-up sessions.*

Momentum Talks

Short, impactful talks that inspire personal growth, reinforce core values, and keep employees motivated, engaged, and purpose-driven.

Nature-Sync

Curated outdoor experiences that combine mindfulness, nature connection, and reflection to rejuvenate the mind, reduce stress, and enhance clarity.



One-to-One Counselling

Confidential personalized sessions that help employees navigate stress, emotional challenges, and personal concerns with greater balance and confidence.

Integrated Inner-Edge Sessions

A holistic blend of meditation, motivation, and nature-based practices designed to enhance mental well-being, self-awareness, and performance.

Follow-up Workshops

Periodic learning interventions that reinforce key concepts, introduce new tools, and deepen personal and professional development.



Leadership & Life Coaching

Our Leadership & Life Coaching programs provide personalized guidance to help individuals and leaders overcome challenges, gain clarity, and achieve meaningful growth.

Combining practical strategies with deep personal insight, these sessions support professional success, emotional well-being, stronger relationships, and purposeful living.

The result is greater confidence, resilience, self-awareness, and the ability to create lasting positive change in every area of life.

The Consciousness Code

Heal the Past. Reclaim Your Power. Create Your Future.

The Consciousness Code is a transformational journey designed to help individuals heal unresolved past experiences, release limiting patterns, and reconnect with their true potential. Through a unique blend of breathwork, regression processes, meditation, and healing techniques, participants gain profound insights into their lives and the forces shaping their reality. The experience empowers individuals to understand that they are the creators of their own reality and can consciously reprogram thoughts, beliefs, and behaviors. The wisdom and awareness gained through this process often provide valuable guidance for living a more purposeful, balanced, and fulfilling life.

Life changing experiences:

- Inner-child Healing
- Past Life Regression
- Future Life Progression
- Anchoring Technique
- Finding Purpose Of Life
- Astral Travel

Clients speak

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A workshop was conducted on stress management by Mr Santosh Joshi, Founder of "SKY Healing Technique" at 21 Punjab Unit Location, from 4th to 7th August 2014. The workshop was conducted in a commendable manner which proved to be of great help for all the ranks of the unit. The simple SKY Healing Technique has been very useful and appreciated by all and incorporated in daily routine of the unit.

Manish Rana, Colonel, Commanding Officer, 21 Punjab Regiment

”

Santosh Joshi's workshop was a catalyst of change in the life of many of our team members. He empowered us with the knowledge and tools to navigate life's challenges with grace and resilience. He has excellent teaching skills and a solid connect with the participants, and explains concepts through examples and stories.

Amol Arankar, Senior Principle Scientist Fertin India Pvt. Ltd.

”

We found the workshop informative and worthwhile. You did an outstanding job of sharing your expertise with us. Your commitment to share, listen and support out employees is priceless. Your enthusiasm and positive spirit made our time both productive and fun.

Sanjay Goel, Vice-President, Works, JSW Steel Coated Products Limited

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Our employees who have participated in the SKY workshop have found it to be very useful and instrumental in reducing stress. Participants have shared that they are experiencing physical, emotional, psychological and spiritual benefits after practicing SKY.

Capt. Naresh Kakkar, General Manager, HR, Ranbaxy Laboratories Limited

Participants in the workshop found it very interesting that a small 12 minutes technique is so effective in reducing stress. Another feedback was that it helped in improving the concentration and made them calmer.

Sanjay Beswal, Director, Andees Impex, New Delhi

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“

"The Sky workshop is a magic elixir which no doctor can prescribe.

Santosh's profound knowledge and mastery over the subject, all imparted in the most user friendly format makes SKY a must attend workshop.

I came in the SKY workshop as a caterpillar in a cocoon only to leave as happy butterfly.

Anand Shirali, Country Head - Distribution & Sales, Blitz Multimedia Private Limited, Mumbai

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“

I have been using his advice and coaching regularly and it has helped tremendously in simplifying a lot of complex issues in life and giving it a fresh perspective. Besides, I also organized a workshop with my team from diverse backgrounds – the overall feedback was extremely positive with a lot of my colleagues also now benefiting from his highly effective SKY technique and weekly meditations

S. Thourani, BASF India Ltd.

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SKY technique helped me to harmonize work life balance which is very crucial for a working woman.

Madhuvanti Date, Professor, NMIMS, Mumbai

One must attend Santosh Joshi's workshops at least once in their lifetime. I am happy to say, I've had a wonderful experience in each of them. His workshops are so different yet so endearing and really helpful for an individual. The workshops are interactive and easy-going, and leave a lasting impression on you.

S. Rampurawala

”



“ Sky worked miraculously for my throat infection. The pain and fever both vanished without taking any medicine. Thanks for introducing such a wonderful technique.

Sridevi Madur, Housewife, Hyderabad ”

“ With the help of SKY, I have been able to cure my Diabetes. I am off insulin now and feel very energetic all through the day.

Jyoti Matange, Music Teacher, Mumbai ”

“ Sky has taught me to love and care for myself. Now I don't let people trample all over me. A new confident approach to solving day to day problems and anxiety levels have definitely gone down.

Neena Abrol, Working Professional, Pune ”

“ After SKY, I have manifested my dream home and that too in my budget.

Rimisha Prajapati, School Teacher, Mumbai ”

“ It was a nice experience indeed. To relieve the stress from mechanical way of life with divine way. The ancient way of breathing therapy revived in capsule form tailor made for corporate officials.

Sabyasachdutta, JSW Steel Ltd. Vasind ”

Clients speak

“ First thing you experience when you meet Santosh is the positivity and energy that lifts you no matter what your mood is. The workshop transports you very easily in a different realm and your personal experience is a very special moment that one can't express words.

Col. Rakesh Pedram ”

“ Santosh has been a wonderful mentor who has been selflessly guiding people to discover their soul's life purpose. His workshops and his Sky healing meditation techniques are so powerful that it has bought a huge shift in the lives of so many people who are connected to him.

Divya Sah ”

Our clients



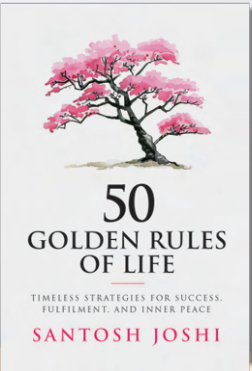
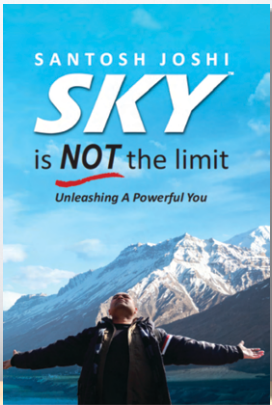
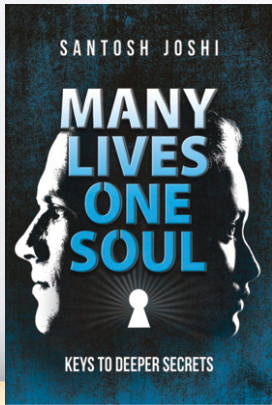
Media & Recognition

Over the years, Santosh Joshi's work has been featured across television, radio, print, and digital media. As an author, speaker, coach, and therapist, he has shared insights on personal transformation, emotional well-being, and human potential, earning recognition from diverse audiences and institutions.



Books by Santosh Joshi

A collection of books that reflect Santosh Joshi's passion for personal growth, self-discovery, and helping people create more meaningful, successful, and fulfilling lives.





Contact Us

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Partner with Santosh Joshi to bring inspiration,
transformation, and renewed energy to your next event.



Key Note
Addresses



Team Building &
Team Re-energizing offsites



Leadership
Interventions



Sales
Meets



Global Leaders
Conferences



Rewards & Recognition
Ceremonies



Strategy & Goal
Setting Sessions



Dealers/Channel
Partners Meets



Annual Summits,
Quarterly Meets