



Follow Santosh Joshi



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Wisdom Waves with Santosh

Life Coach, Mentor, Author, PLR Therapist,
Keynote Speaker, Founder of SKY Healing

Santosh Joshi is a renowned Life Coach, Mentor, Author, Past Life Regression Therapist, Trainer, Keynote Speaker and Founder of SKY Healing, based in Mumbai. His journey is one of profound transformation, embodying the essence of following one's true calling and impacting the lives of others in extraordinary ways.

Born and raised in a family that valued education and perseverance, Santosh pursued mechanical engineering and built a successful career working with Indian and international conglomerates for about two decades. During this time, he gained invaluable experience in the corporate world, mastering the intricacies of leadership, teamwork, and problem-solving. However, despite his professional accomplishments, he felt a growing void, a sense of dissatisfaction that could not be ignored. This inner conflict led him to introspect deeply, eventually unveiling his true passion: helping people achieve radical personal growth and transformation.

Recognizing that his purpose lay beyond the confines of the corporate world, Santosh decided to pivot his career entirely. He embarked on a path of self-discovery and empowerment, dedicating his life to fostering positive change and evolution in individuals. Armed with his corporate experience, he delved deeply into the study of human behavioral patterns, exploring how people respond to emotional challenges and stress. This exploration not only provided him with a comprehensive understanding of human psychology but also laid the foundation for his life's mission—guiding others to lead regret-free, fulfilling lives.

Over the years, Santosh's commitment to self-healing and meditation enriched his insights and abilities. His research and experiences culminated in the creation of SKY Healing, a transformative stress-relief technique that can be practiced in just 12 minutes. SKY is designed to align the mind and body, fostering a sense of calm and clarity. Its simplicity and effectiveness have made it accessible to a wide audience, resonating with people from all walks of life.

The technique gained notable recognition when Santosh was invited by the Indian Army to conduct workshops for their units. The success of these workshops led to SKY being incorporated as a part of their morning drill, underscoring its efficacy in enhancing mental resilience and focus.

Santosh's influence extends beyond national borders. His expertise caught the attention of the Prime Minister's office in Dubai, where he was invited to conduct a workshop.

The session was met with high praise, further cementing his reputation as a global thought leader in personal transformation and stress management.

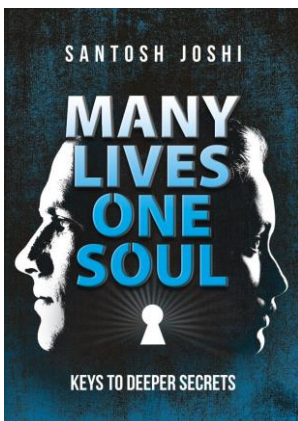
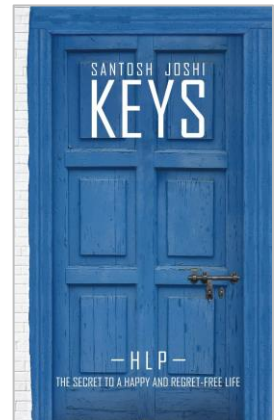
In addition to his work with SKY, Santosh has developed an array of programs designed to empower individuals to take control of their lives. These include Therapist Training Programs, SKY Healing Workshops, and Mentoring and Life Coaching sessions. Each of these initiatives is crafted to help participants achieve a quantum leap in various aspects of their lives, whether it be emotional well-being, career success, or personal relationships. His approach is rooted in empathy, practical techniques, and a deep understanding of human potential, making his programs highly impactful.



Santosh is also an accomplished author, having penned several books that inspire and empower readers on their journey of personal growth. These books have not only garnered widespread acclaim but also serve as guiding lights for those seeking clarity and direction.

KEYS – The Secret to a Happy and Regret-free Life

Most of us instead of living the precious moments life offers, either live in the past or the future. Which is why Santosh introduces the HLP Principle, which stands for : Healing the past, Living in the present, and Planning for the future.

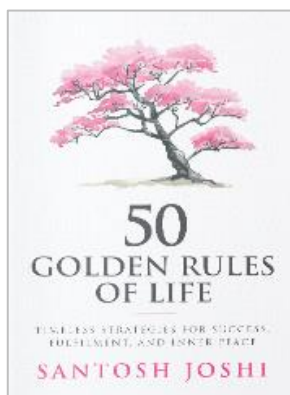
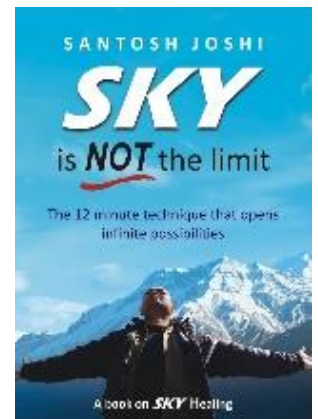


MANY LIVES ONE SOUL – Keys to Deeper Secrets

Life poses numerous challenges, often paralyzing us. Our mind is flooded with questions such as 'why me', or 'why things happen the way they do'. Each challenge helps us discover that hidden aspect of ourselves. This book not only answers the questions that disturb you, but also pulls you out of the feeling of victimhood. This in turn will help you recognize your life's patterns and resolve the issues of the past that are bothering you.

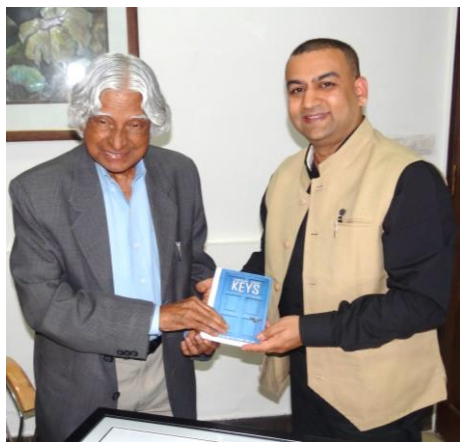
SKY is Not the Limit

We are often dissatisfied with our current situation in life. Once you can locate what is holding you back, you can shatter the barriers keeping you from being the powerful individual that you already are. This book shows you how to get out of your own way and act out of your original self to: unleash the powerful you, believe in your own self, and reach your highest potential.



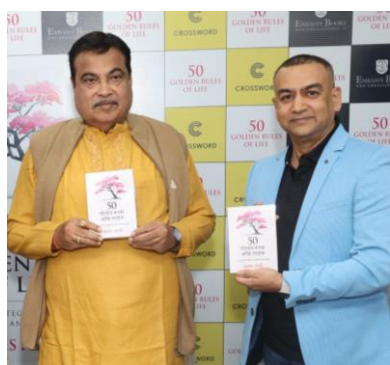
50 GOLDEN RULES OF LIFE

In this insightful and empowering book, Santosh presents fifty timeless principles that offer profound wisdom and guidance for navigating life's challenges and embracing its abundant opportunities. Through engaging anecdotes, thought-provoking reflections, and heartfelt advice, 50 Golden Rules of Life serves as a roadmap for personal growth and transformation.



Santosh's journey from a corporate professional to a transformation coach, exemplifies the power of aligning with one's inner purpose. His ability to bridge the gap between practical strategies and spiritual insights has made him a sought-after mentor and guide. Today, he continues to inspire countless individuals to embark on their own journeys of self-discovery, equipping them with tools to navigate life's challenges with grace and confidence.

Whether through his workshops, writings, or one-on-one coaching sessions, Santosh's message remains consistent: a fulfilling, regret-free life is within everyone's reach. With unwavering dedication, he continues to illuminate the path for those seeking transformation, proving that the true essence of success lies not in external achievements but in inner harmony and purpose.



If you wish to organize a life changing PLR or SKY workshop in your organization or for your community/group, or if you wish to invite Santosh as a key note speaker for your event, or if you wish to take a quantum leap in your life with his expert hand-holding and guidance through life-coaching, mentoring and counselling sessions, please contact here:

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