

The 12 minute magic

SKY™

..... *by*

Santosh Joshi

Founder of SKY, Life Coach and Bestselling Author

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My mantra is that everyone should be empowered to operate out of freedom and not fear. In today's age, when our life is ruled by stresses, anxieties and insecurities; SKY technique allows you to break the pattern, free yourself and reach your highest potential.

– Santosh Joshi

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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



Santosh Joshi
*Founder of SKY, Life Coach and
Bestselling Author*

Meet the Founder of **SKY** – **Santosh Joshi**, Life Coach and Bestselling Author

SKY established its roots way back in 2005, when its founder Santosh Joshi was still working with a corporate house, heading the South-Asian markets for his company. Having been in the corporate field for almost two decades, Santosh was experiencing all the stress triggers that came with the work environment along with the pressures and issues which came with the corporate world. His inner urge to find a solution to deal with the day-to-day stresses led him to several meditation camps, practices, gurus, books, building into an extensive research into the field of stress-free living.

This culminated in a technique, which used breath and your body's own mechanism to heal oneself of stress. Santosh started using it on himself with astounding results; in terms of better focus, productivity and a calm mind. This encouraged him to share it with his colleagues, during their quarterly marketing meets, which yielded excellent results.

Gradually, more and more people started coming to Santosh with the hope of relieving themselves of stress and resultant life style diseases. The success stories of all the various people practising this technique and invitations from various groups to train them, slowly turned this passion into a full time profession in 2007.

Santosh named this technique "SKY" as it has unlimited potential to transform one's life.

The popularity of SKY fascinated the Indian Armed Forces and they invited Santosh to teach this technique to their people. Impressed with the benefits and the outcome of the workshop, one of the regiments of Indian Army has adopted SKY as a part of their mandatory morning drill.

More than 10000 people, in more than 20 cities have reaped the benefits of SKY till date.

*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.*

Santosh Joshi

SKY™ - The 12 Minute Stress Busting Technique

- It instantly reduces stress and if practised regularly can avoid further generation of stress
- Takes care of various lifestyle diseases such as diabetes, BP, back pains etc.
- 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.

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



Media Coverage – The 12 Minute Sensation

SKY has generated huge interest in media. With the rising awareness about this potent technique and its profound results, Santosh Joshi, the founder of SKY is invited for radio and television interviews. Intrigued by this new-age technique, newspapers like Times of India, Speaking Tree, DNA and other local newspapers have carried articles like "SKY – A new-age technique that promises you quick results", "Steal 12 minutes of your time to heal yourself" and others. Premier magazines like Life Positive have acknowledged and talked highly about SKY through the articles in their magazine.



Santosh was invited by radio, Television and print media to talk about SKY

Three amazing books by Santosh Joshi that help you heal and deal with your past, present and gives you a sense of direction for your future.

KEYS is a book filled with illustrations that talks about the secret to a happy and regret-free life through lot of examples. **Many Lives One Soul** explains, 'why things happen the way they do' in our life and how the challenges can be changed to opportunities to learn and evolve. The third book **SKY is Not the Limit** carries the 12-minute SKY technique that motivates you to reach your highest potential and know yourself better.



Clients speak

“ 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 ”

My business seems to be ready for a big turn-around after practicing SKY.

Avinash Menon, Businessman, Mumbai ”

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 our 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 ”

“ 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 ”

“ 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 ”

“ SKY has power to take care of my energy levels which in turn takes care of my abundance.

Radheshyam Bhura, Businessman, Mumbai ”

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

Madhuvanti Date, Professor, NMIMS, Mumbai ”

Thank you from bottom of my heart for gift of SKY. My work efficiency has increased, tolerance level has gone up, my patience has increased, reactive nature decreased to a great extent. I am now at peace with myself.

Aditi Jain, Software Engineer, Mumbai ”



“ 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, ”

“ 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 ”

Training Modules offered at **SKY** Training Centre

At **SKY** Training Centre, we believe that every single person is bestowed with unlimited potential and has a right to a happy and successful life. This can be achieved through knowledge-rich, experiential and fun-based learning.

Through our training modules, the participants experience breakthroughs, develop understanding of the concepts and go home happy and stress-free. The participants can then implement the short and easy techniques taught, in their daily personal and professional lives.

The founder and the Chief Facilitator, Santosh Joshi's caring attitude and sensitivity towards the participants and in facilitating the workshop, has brought about dramatic and tangible results in the participants and their organisations.

Experts at SKY Training Centre will help you with a carefully customized proposal in alignment with the agenda of the meet, group size, profile of the audience and most importantly, the expected desired outcome for conferences like:

 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	



Contact Us

To have Santosh Joshi for your next conference/meet or any other queries:

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