



# for energisation & healing

**SLEEPTECH program by Medika Origina** 

# Sleep is not as ordinary as you think

#### **Beyond Ordinary Rest**

Sleep is not as ordinary as you think

#### **More Than Mindless Activity**

For most people it is a mindless activity for rest and repair



#### **Ancient wisdom on sleep!**

**Ancient Wisdom has categorized sleep into:-**

1). Unconscious Mindless sleep

for ordinary rest

2). Conscious Mindful sleep

for energisation and healing



# **Understanding Sleeptech**



#### **Science of Conscious Sleep**

Sleeptech is the science of achieving Conscious Mindful & Restful Sleep



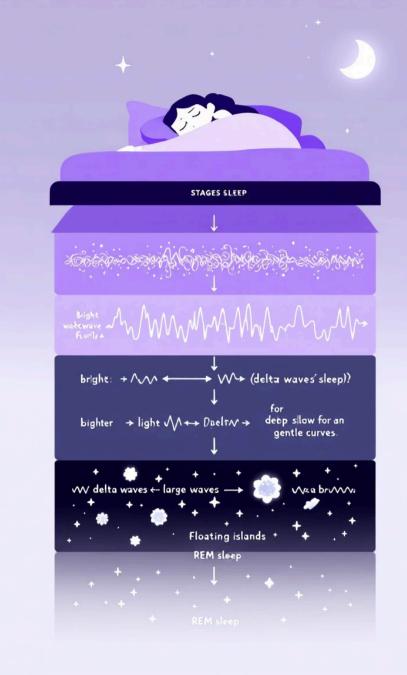
#### **Awakening Healing Energies!**

It is the practice for awakening dormant vital energies which rejuvenate and heal!



### **Sleeptech Concepts:-**

- **Discover different Levels of living energies**
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- **Experience Levels of consciousness**
- **C** Identify Types of sleep
- Learn Practices to evolve sleep quality



# **Revolutionary Benefits**



Sleeptech is an esoteric practice to elevate your physical health & energy, mental empowerment and the wisdom to live meaningfully.

#### Also Check our :-

#### **Enexir Bundle with**

#### **Advanced Sleeptech Program!**

which includes :-







#### Sleeptech +

**Healing energy intell** 

Advanced techniques to Energise Neuro-muscular vitality; Activate Organ energies and Endorse superlative healing intention

#### **Braintech +**

**Neuro-energy intell** 

Designed to achieve emotional balance and activate higher brain functions.

#### **Breathtech +**

**Pranic energy intell** 

Develop breath consciousness and awakens innate higher energy channels for vitality and healing.

Each technology is integrated into a powerful progressive system - The 'ENEXIR' master program to transform ordinary sleep, breath and brain activities into a powerful transcendence.

#### Introducing...

# **ENEXIR!**

The Energy to Transform Your Life...

1). Breathtech

2). Sleeptech

3). Braintech



#### **Meet our Founder:-**



Dr. Mayank Shah

MD (HOM) DHMS, RAP, CH, ND, PhD

Dr Mayank Shah reveals the secrets embedded in ancient practices like yogic sleep, Yog Nidra and spiritual sciences thru Sleeptech. It holds the key to transcend beyond ordinary and mundane living towards a energetic and evolutionary experience of life!



#### **Medika Origina Academy**

**Nurture Intelligence, Empower Life!** 

#### CONTACT INFORMATION

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