

The Return to Joy with Ranjana Appoo

A Bespoke 7 Month Program for Individuals or Couples



Ranjana Appoo is devoted to living and sharing a life of joy, grounded in the understanding that every living being is an expression of Love seeking to live life aligned with Truth - Bliss. If you are yearning to reconnect with your innate joy, this program IS perfect for you.

Designed for individuals who are feeling lost or stuck due to a lack of enthusiasm, a joyless relationship, menopause-related irritability, creative stagnation, or a desire to reclaim power and find peace - this bespoke program offers a transformative journey back to your Magnificent True Self.

Ranjana supports impact leaders, artists, writers, actors, CEOs, and creative individuals from all walks of life and around the world to navigate life's challenges. Through this program, you'll learn to trust your inner compass and make empowered intuitive choices.

Know your power, trust yourself, embrace life, feel centred and aligned. **Together, we work out a custom designed plan to help you find your direction, unlock your ability to stay on track, draw goodness into your life, and return to Joy.**

This one-on-one program includes:

- Fortnightly 2 hour video conference calls
- One 2-day face-to-face intensive or similar (as required)
- Support via Signal or WhatsApp messaging and emails
- Practical exercises, realistic encouragement, and tailored guidance
- A flexible practice designed with you and for you

Through personalised mentoring, support, and practical self-help techniques, Ranjana will guide you to create a life aligned with love and truth. For those who embark on this journey, life will never be the same again.

Program Costs

£4,200 for individuals (600 per month), £5,600 for couples (800 per month) - Payment via monthly installments is recommended. Concessions are available.

Contact

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An Overview of Your 7-Month Journey:

Month 1: Take Stock – Where Are You Stuck?

Begin by making an inventory of your life and identifying areas where you feel blocked.

Month 2: The Power of Detachment & The Discovery Process

Explore the pain beneath your story of suffering. Learn to detach and know clarity.

Month 3: Heal the Past – Let Go

Move forward by releasing the weight of the past.

Month 4: Step Into the Present – Be Present

Embrace the gift of presence and live fully in the now.

Month 5: Liberate the Future – Open to Flow

Connect with love and welcome the flow of joy into your life.

Month 6: Perfection – Acceptance, Forgiveness, Gratitude

Experience the transformative power of understanding, acceptance, forgiveness, and gratitude.

Month 7: The Return to Joy

Discover the wisdom of nature and open yourself to joy.