

# 2016 VEDĀNTA TEACHINGS IN HONG KONG BY

# Shubhrajī

नमः  
ॐ  
NAMAHA

## VIṢṆUSAHASRANĀM ARCANĀ

Friday, January 15

6 PM to 6:30 PM: Registration

6:30 PM to 8:45 PM: Arcanā

Chant the 1000 names of  
Lord Viṣṇu on the auspicious  
day of Makar Sankrānti.



**Pre-registration is Required.**  
Email: [vspuja2016@gmail.com](mailto:vspuja2016@gmail.com)

## A Workshop with Shubhrajī HANUMĀN CĀLISĀ

Saturday, January 16

3:00PM–6:00PM (inclusive of 20 minute break)

Explore the forty-verse prayer that praises the Hindu deity Sri Hanumān. In this workshop, we will delve into the deeper meaning of this prayer and its importance in our lives.

### ANANDA YOGA

33/FI & 34/FI, 69 Jervois Street, Sheung Wan, Hong Kong  
Tel: 35639371 Email: [staff.anandayoga.hk@gmail.com](mailto:staff.anandayoga.hk@gmail.com)

## Mid-Morning Talks

### LIVING WITH A PRAYER

#### A Series of 3 Talks

Monday–Wednesday, January 18–20

11:30 AM to 1 PM

In this series of talks Shubhrajī helps us to identify ways to revive our mental energies to meet the daily challenges of life. She discusses the benefits accrue from connecting with the Divine and how we can use tools like prayer, mantras and rituals to develop our personality and render it fit for higher devotion and knowledge.

The format of these sessions will be a talk followed by a Question and Answer session.

Come for a lively, engaging and meaningful series

#### 3 Different Venues

Contact: Dina Gidwani

Tel: 92190005

Email: [dinagidwani@hotmail.com](mailto:dinagidwani@hotmail.com)



Shubhrajī is a disciple of Vedāntic Master H.H. Swāmi Chinmāyānanda. She is a teacher of spiritual studies and meditation techniques, which form part of the ancient Vedānta philosophy of India. Shubhrajī has been invited to speak at Harvard Business School in Boston, St. Johns College in New Mexico, as well as London Business School in London. She is also the award-winning author of *In The Lotus of The Heart: The Essence of Relationships*. Shubhrajī lives in the USA and travels widely in the U.S., Europe and Far East.

## Evening Talks

### A Series of 2 Talks

### PRACTICAL TOOLS FOR A FOCUSED MIND

Thursday, January 21 | 7 PM to 8:30 PM

### CULTIVATING PEACE OF MIND: A PRACTICAL APPROACH

Friday, January 22 | 7 PM to 8:30 PM

Shubhrajī presents contemporary teachings drawn from the ancient tradition of Vedānta. In the midst of your fast paced life, you can learn to be focused, happy and peaceful. Shubhrajī shows us how we can discover a deeper and sustainable sense of well being by working on these two aspects of our mind to enhance key areas of our life such as health, business and relationships. She offers simple and practical solutions that are easily applied in any challenge.

**(You are welcome to attend any or both talks.)**

Block B-2, 7th floor, Villa Monte Rosa,  
41A Stubbs Road, Hong Kong

You are invited to stay for dinner after both talks.

RSVP requested to help us with planning

Email: [reenaarav@netvigator.com](mailto:reenaarav@netvigator.com)

Tel: Reena at 28363635 or 61054756

**For more information:** [www.namahom.org](http://www.namahom.org)

[www.facebook.com/ShubhrajīNamahom](https://www.facebook.com/ShubhrajīNamahom)

[www.twitter.com/shubhrajīnamah](https://www.twitter.com/shubhrajīnamah)