



Workshop by SHUBHRAJI Meditation & Mindfulness for the Busy Executive

In this workshop, we will illuminate the techniques of meditation used to help us reconnect with our inner being.

No prior knowledge of meditation is required. The workshop will combine teaching, exercises and guided meditation that are simple and effective.

- *Simple short tips for meditation
- *Breath exercises to destress
- *Effective mindful awareness pointers
- *Ways to conserve energy

Benefits of Meditation: stress management, reduction of anxiety, lower blood pressure, slow aging process, connection to Source, creativity, better sleep

Saturday, January 23, 2016

10:30 am to 1:30 pm (including break)

at The Great Indian Kebab Factory
Central 19/F, Wellington Place M-88

2-8 Wellington Street. Hong Kong

Followed by lunch

Participant Amount:

HKD 700 per person (inclusive of lunch)

Pre-registration is required.

For Registration and information

What's App: +852 56061420

Ayesha Puri



Shubhrajji is a direct disciple of H.H. Swami Chinmayananda, the world-renowned Vedanta teacher. Shubhrajji lectures on various topics and texts like The Art of Relationships, Meditation in Daily Life, Bhagavad Gita, Finding Your Purpose in Life. She interacts with diverse communities and travels extensively throughout the U.S, Asia, Europe. She has been invited to speak at Harvard Business School in Boston, St. John's College in New Mexico, as well as London Business School in London. Shubhrajji is an eloquent speaker whose talks are uplifting and inspiring. She is also the award-winning author of In The Lotus of The Heart: The Essence of Relationships.

For more information on Shubhrajji, please visit

www.namahom.org www.inthelotusoftheheart.com www.facebook.com/ShubhrajjiNamahom