



## Workshop by Shubhrajī

*Shubhrajī is a direct disciple of H.H. Swami Chinmayananda, the world renowned Vedanta teacher. Shubhrajī lectures on various topics and texts like The Art of Relationships, Meditation in Daily Life, The Bhagavad Gita and Finding Your Purpose in Life. She interacts with diverse communities and travels extensively throughout the U.S., Asia and Europe. She has been invited to speak at The Harvard Business School in Boston as well as the London Business School. Shubhrajī 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.*

## The Power of Meditation & Mindfulness

Sunday, 7<sup>th</sup> February, 2016

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

At: E171 Yasmin 2 Street

Emirates Hills

Participation Amount: AED 250 (inclusive of snacks)

Meditation is a powerful stepping stone to help deepen our connection to the Source, one that needs to be practiced correctly. In this workshop Shubhrajī will illumine the techniques to help us reconnect with our inner being. She will explore Mindfulness and present ways in which we can develop our awareness to reverse habitual patterns. Shubhrajī will share different approaches which can help us discover our true self, focusing on how to balance body, mind and spirit. The workshop will combine teaching and include simple breath exercises. Participants will be given short tips for meditation and taken through an effective, guided process. No prior knowledge of meditation is required.

### Pre-registration is required

For registration and information

Contact: Aanchal Sajnani 055 471-1033

Kamu Bhavnani 050 659-1727

***For more information on Shubhrajī please visit***

[www.namahom.org](http://www.namahom.org)

[www.inthelotusoftheheart.com](http://www.inthelotusoftheheart.com)

[www.Facebook.com/ShubhrajīNamahom](http://www.Facebook.com/ShubhrajīNamahom)