



# Discovering the **POWER** of **FORGIVENESS**

Heal the past and  
create your well-being!  
with **SHUBHRAJI**



**Shubhrajee** is a direct disciple of H.H. Swami Chinmayananda, the world-renowned Vedanta teacher. **Shubhrajee** 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. Shubhrajee 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 practice of forgiveness frees us from all emotional wounds that impede our progress at various levels. Forgiveness not only heals us, but it also releases those whom we believe have hurt us.

This workshop focuses on the Vedantic approach to forgiveness - why forgive, and how to forgive.

Shubhrajee presents the technique of forgiveness to free us of the past and get established in the present, while bringing an infinite sense of peace from within.

Come, free your mental energy and experience the power of forgiveness in this interactive workshop.

(Please bring a journal and pen)

- ▲ **Simple techniques to facilitate forgiveness**
- ▲ **Powerful and safe ways to release hurt and pain**
- ▲ **Meditation and visualizations**
- ▲ **Instill peace and a sense of purpose**
- ▲ **Undo the past, create health and abundance**

**DATE:**  
Tuesday, January 23rd, 2018

**LOCATION:**  
Estoril Court Clubhouse  
55 Garden Road, Mid-Levels, HK

**TIME:**  
10:00-10:30am Registration  
10:30-2:00pm Workshop  
*There will be a short break with refreshments and lunch after the workshop*

**PRICE:**  
HK\$600 (includes lunch)

**REGISTRATION:**  
namahhk2018@gmail.com

Tara Chellaram 6888-9897  
(WhatsApp & calls)

Nisha Dadlani 9272-0463  
(WhatsApp or SMS only)

**PRE-REGISTRATION IS REQUIRED**

*Cancellation by January 9, 2018 - 50% of payment refunded; after January 9, 2018, no refunds)*