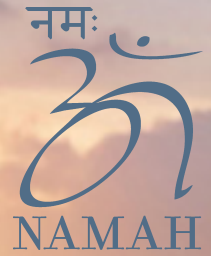


# Discovering the Power of Forgiveness

With Shubhrajī



Heal the past and create your well-being!

The practice of forgiveness frees us from 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.

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

## PRE-REGISTRATION IS REQUIRED

**Please register by September 1, 2018**

- Mrs. Kiran Mahendroo      mahendrookiran@gmail.com
- Mrs. Vinod Chadha      c\_vinod@yahoo.com
- Mr. Kiran Khandke      khandke@me.com or 845-709-2897
- Namah Vedanta Center      info@namahom.org

## Cancellations:

before September 1, 2018, 50% of payment refunded

after September 1, 2018, no refunds

**Saturday, September 15, 2018**

Lala Residence  
243 Lynn Drive  
Franklin Lakes, NJ 07417  
201.848.8313

10:00 AM–10:30 AM Registration

10:30 AM–1:30 PM Workshop  
(incl. break)

**\$81 per person**

\$100 per person after September 2, 2018



Shubhrajī is a disciple of Vedāntic Master H.H. Swami Chinmayananda. She is a teacher of spiritual studies and meditation techniques, which form part of the ancient Vedānta philosophy of India.

She is also the author of *In The Lotus of The Heart: The Essence of Relationships*.

She lives in the USA and travels widely in the U.S., Europe and Far East.

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