

Wellness Supercharge

A Workshop for Transformation

with Shubhrajī



In this fast paced world of stress, emotional burn out, enhanced aging and feeling unsupported, it is important for every individual to design their own wellness haven - far beyond a visit to a spa. We need a way to feel empowered spiritually, physically and emotionally to live a life of informed choices that promote a spiritual mental balanced lifestyle.

In this cutting edge workshop, Shubhrajī draws on the ancient wisdom of the Masters and combines it with revolutionary, contemporary ideas to give us tangible tools to rewire our mind and life.

You will learn a systematic way of addressing every level of your personality to live the life you wish to create. Through a light hearted presentation incorporated with practical exercises Shubhrajī helps us to walk away with a clear plan for our everyday life that can radically change our well being.

You learn:

- ◆ How to prevent aging and stay young
- ◆ Meditation to manage and eliminate stress
- ◆ Insight through new research and timeless teachings
- ◆ Release of toxins, stuck emotions or thoughts and energy patterns
- ◆ How to keep your living and work space with optimized energy
- ◆ Pointers on diet, plants and crystals to enhance your energy levels
- ◆ New codes for self care and wellbeing

for more information about Shubhrajī visit www.namahom.org or www.inthelotusoftheheart.com

On: Saturday 23rd March 2019
Villa 45, St. 28C, opp. De La Sael Montessori, Mankhool
<https://maps.app.goo.gl/AA8fv>

4:00 - 4:30pm Registration
4:30 - 8:00pm Workshop

PRE-REGISTRATION REQD

Email: kamlab@eim.ae
Tel: Kamu 050-659 1727

Donations welcome & appreciated



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