

The workshop program and morning talks are presented by collection of experienced spiritual teachers, presenting inspiring ideas to help you discover your purpose. The focus as always is to bring you tools and techniques that will help you shift and find clarity on your unique path. The workshops are:

Wednesday 15 August

The Meaning of Life - Sanjeev Bhanot

09.30

Through an understanding of the ancient Vedic philosophy of the 4 Purusharthas, which are seen as the goals of human existence, we can align with natural energy flow which then manifests as expansion. Sanjeev will introduce to these this ancient wisdom which can enable us to better connect to our life of purpose.

Creating a Balanced Life through the 4 Purusharthas - Sanjeev Bhanot

10:45

With help of different yoga techniques, Sanjeev will be guiding the group into the 4 Purusharthas of life and its benefit. Participants will learn to uncover their essential tendency, Purest Potential and align with natural energy flow which manifests as expansion i.e. prosperity. You will discover how to create intentional dialogue in all relationships and learn how to change *breakdowns* into *breakthroughs* instantly and recognize what you are naturally good at doing and do that and not everything else!

Connecting with Your Inner Voice - Beth Linguri & Carmen de Haan

13:30

Experiential workshop designed to move into the Silence to hear and connect with the Power and wisdom within and the power of discernment... how do you know the Truth.

Do We Have a Pre-determined Life Plan? - Daniela I. Norris

14:45

An experimental workshop that aims to give us evidence that we are the authors of our life circumstances, not their victim ! In this workshop, we will each examine our life so far and the patterns that repeat themselves, to try and identify the life lessons that come with them. We will also try to pinpoint the people in our current lives with whom we suspect we might have past-life connections, and try to understand the meaning of these 'significant characters' in our current lives. Lastly, we will piece together the information we come up with - through meditation, visualization, and writing - to try and reach (our own!) conclusions about whether we have a pre-determined life plan, and if so - who determined it.

