



Inner Challenges is a Life Coaching company that brings the wisdom of the vibrant Indian spiritual tradition to every day living.

Right understanding and practice of these principles enables understanding of our inner nature, helps us deal with conflicts and allows manifestation of latent qualities of functional, emotional and spiritual excellence.

www.innerchallenges.com

ENLIGHTENED LEADERSHIP SERIES

TIMELESS WISDOM FOR MODERN LEADERSHIP FROM THE
BHAGAVAD-GITA

Friday 5th– Sunday 7th August 2005
SHREYAS, BANGALORE

Shreyas is a retreat for discerning guests to step away from the hectic demands of modern life and spend time in unwinding, reflection, rejuvenation and rediscovering the simple pleasures of life. It is an ideal setting for retreats and workshops dedicated to self discovery.

www.shreyasretreat.com



A journey of self-discovery



ENLIGHTENED LEADERSHIP SERIES
LIVING THE WISDOM OF THE BHAGAVAD GITA
Friday 5th to Sunday 7th August 2005
Facilitators: Shankar Narayan (Visiting Faculty) & Pawan Malik

We continue with this popular series of workshops that draws upon the Indian Spiritual Tradition, especially the Bhagavad-Gita, Yoga Sutras and selected Spiritual processes, as an essential primer for Enlightened Leadership: at home and at work. Interactive lectures on the Gita will be combined with selected processes from the tradition of Yoga that enable us to live this philosophy in our daily lives.

Sri Shankar Narayan will be coming from Delhi and facilitates study of the Gita. He has spent over 25 years studying/living the principles of the Gita and for the past 4 years has been sharing his understanding of the Bhagavad-Gita to numerous committed aspirants weekly at a temple in New Delhi.

The yardstick of great leadership is the culture of enduring excellence. Excellence demands a quest for perfection – in all that we do and in all our relationships. We must be able to deal with conflicts, both internal and external. We must make right choices, even if they are difficult ones, unwaveringly. We must understand our various roles in life and play them well. The body has to be kept strong and the mind uncluttered. Apart from technical and functional dexterity in our roles, we need to develop and display self-discipline, self-control, humility and generosity.

Leadership also places upon us numerous duties we need to fulfil for the benefit of those we lead. Above all, we must ensure our own personal material needs are managed and satisfied, so we can direct our energies and time towards serving others. Nothing inspires more than a person who is willing to serve your interests and possesses a humble, generous and compassionate disposition. The less you need for yourself, the more you will find time to serve the needs of others. This is a quality that people are irresistibly drawn to. They listen to you, follow you, and work with you; out of their own free will. Only such follower-ship is sustainable. We must therefore learn to serve as leaders.

Unlike contemporary methods of leading, the emphasis is here is on Self understanding and Self discovery that allows us to respond to all situations with right knowledge, right emotions and right action. Above all, the emphasis is on self-mastery – which inspires others to follow us willingly & the emphasis in on serving others. To understand more about our Self, we are seeking guidance from the wisdom contained within the Indian Spiritual Tradition or Sanatana Dharma. In particular we are studying the Bhagavad Gita, the distilled essence of the wisdom contained within Sanatana Dharma. The Gita is a marvel, for it reaches out to all, irrespective of class, creed, religion or status. She teaches us how to deal with grief, how to deal with conflict, how to work, how to lead, how to transform our personality, how to worship, and above all, how to transcend all and embrace Reality for it is – Pure Consciousness. She reveals how we are to remain aware of the changeless and yet live in a world of constant change.

Thus far, we witnessed Arjuna's inner conflicts at the beginning of the epic war on the battle fields of Kurukshetra. Arjuna is heart broken as he realises that those he has come to vanquish are his relatives and loved ones. This uncertainty pushes his already confused mind into a spiral of despair and dependency, to the extent he breaks down and wants to walk away from the war. Although on the face of it, Arjuna is advocating peace and Krishna is extolling him to violence, when we look closely we realise that Arjuna is already at war – with himself. He is confused because of his attachments and not because he considers war to be unjust or unnecessary. His problem is not about killing people to attain kingdoms but his problem is that he has to kill who he considers to be "his people". This is the crux of the problem, and something that we can all relate to easily. Our doubts and insecurities about decisions normally arise when we have something we consider to be "ours" to be at risk. The Gita shows us how to transcend such conflict.

Krishna begins to speak in the second chapter chastising Arjuna for becoming weak at a moment when he should be strong, encouraging him to restore his true nature as a valiant and strong prince and extols him to fight the righteous war. He then proceeds to reveal the highest knowledge of the Self, that we are all manifestations of Pure Consciousness, and that it is only our name and form that changes with time and not our essence. Noticing that Arjuna, although a valiant and knowledgeable Prince; is unable to grasp the subtlety of the truths, he proceeds to tell him about Yoga, a science of self transformation that will allow Arjuna (and us) to be prepared to receive and understand the truth about life. This is the setting of the August retreat. The second chapter of the Gita contains the essence of the whole message of the Gita and we will delve deeper into the psychology of right action.

SUGGESTED AGENDA

During the workshop, you will also participate in twice daily Yoga Asanas and Pranayama classes that help restore and heal the physical body, and bring about strength, flexibility and balance in life. Yoga processes are a holistic exercise and positively affect the physical, physiological, emotional, intellectual and spiritual layers of our personality.

Friday 5th August

Till 8.00 pm	Arrival & Registration
6.00 - 7.00 pm	Yoga Asanas Pranayama - Yoga Breathing processes
7.30 - 8.30 pm	Dinner
8.30 - 9:30 pm	Group Introductions

Saturday 6th August

7.00 - 8.00 am	Yoga Asanas & Pranayama
8.00 - 9.00 am	Breakfast
9.00 - 10.30 pm	Session I –Yoga in the Bhagavad Gita (Sri. Shankar Narayan)
10.30- 10.45 am	Break
10.45 - 12.00 pm	The Doctrine of Karma and how it works our lives – Pawan Malik
12.00 noon - 1.00 pm	Working with Nature – Farming at Shreyas
1.00 – 2.00 pm	Lunch
2.00 – 4.00 pm	Case Study / Q & A Session
4.00 – 6.00 pm	Free Time
6.00 – 7.30 pm	Yoga
7.30 – 8.00 pm	Free Time
8.00 – 9.30 pm	Dinner

Sunday 7th August

7.00 - 8.00 am	Yoga Asanas & Pranayama
8.00 - 9.00 am	Breakfast
9.00 - 10.30 am	Session II – Practical ways of living Yoga - Sri. Shankar Narayan
10.30- 10.45 am	Break
10.45 - 12.00 pm	Practical ways of living Yoga– Pawan Malik
12.00 noon - 1.00 pm	Pranayama
1.00 – 2.00 pm	Lunch
2.00 – 4.00 pm	Concluding Session - Sharing of experiences and Take aways
4.00 – 5.00 pm	Deep Relaxation through Yoga Nidra
5.00 pm	Billing and Departure

INVESTMENT

Rs 10,000 per person sharing garden/pool cottage accommodation

2 Night Stay (Arrival Friday - Departure Sunday Night)

Bookings will only be made on full payment of investment amount in advance

Investment includes

Workshop fees, Yoga classes, Full board accommodation at Shreyas, all taxes and service charges
Airport Transfers are chargeable. For registration, please contact krishna@innerchallenges.com

080 (2)773 7103 or 080 (2)773 7183 Extension 129

INNER CHALLENGES

Our mission is to enable individuals to manifest latent qualities of functional, emotional and spiritual excellence through the right understanding and practice of principles and processes of the Indian Spiritual Tradition.

THE APPROACH

Through participative workshops, we apply the wisdom of these eternal principles & processes to contemporary life issues such as managing emotional relationships, understanding our motivations of work, understanding our personality and our relationship with the outside world, discovering and living qualities of leadership, emotional and spiritual excellence. During our workshops we make extensive reference to recent findings in modern scientific, social and behavioral thought to show how eternal wisdom and values are necessary to live a fulfilling life in modern times.

IC WORKSHOPS OBJECTIVES

- To co-develop a practical blueprint for your life that allows for success both in material and spiritual terms.
- Enabling the manifestation of excellence in your life by connecting you with the divinity within, i.e. your "Inner Self"
- To enable right understanding of the intricate balance and functioning of the world around you.
- Facilitating an optimal interaction with the world through right choices executed in an effective manner.

FACULTY

SHANKAR NARAYAN (Visiting Faculty)

Shankar Narayan studied B Tech Electrical Engineering at the prestigious Indian institute of Technology (IIT), Madras and has 15 years of industry experience managing international turnkey projects. He was an advisor to the Chairman and Managing Director of the Minerals and Metal Trading Corporation, India prior to resigning to pursue his spiritual studies. He is a disciple of Sri Anna Subramanian (grand-disciple of Sri Ramakrishna) and Swami Poornaananda, Srisailam (grand-disciple of Swami Nityananda), and has spent over 25 years studying/practicing the Indian Scriptures.

PAWAN MALIK

Pawan is the principal promoter of Inner Challenges. Pawan left a full time investment-banking career in 2000 to pursue his studies of the Indian Scriptures under the guidance of his teacher and spiritual guide, Shankar Narayan. He practiced and studied Yoga in New York and is a qualified instructor from the Vivekananda School, India. He shares his knowledge with interested students in India, Sri Lanka and the UK.

Pawan was Managing Director, Investment Banking, with Bankers Trust Company Inc. and more recently, Rabobank International in London, New York, Tokyo and Singapore.

RUCHA SUKHRAMANI (Therapeutic Yoga Instructor)

Rucha is a qualified Therapeutic Yoga Instructor from the Vivekananda Kendra, India and has done her Bachelors in Physical Education with a major in Yoga from LNIPE, Gwalior. She was a founder member, responsible for setting up the Yoga Center in Manipal Hospital, in Bangalore. She worked there as a therapist, teaching asanas and meditation techniques. She has also been involved with treating patients in her private practice for the last 6 years.

KRISHNA PRAKASH (Facilitator)

Krishna Prakash is a Corporate Trainer with a Post Graduate Diploma in Management from Sri Sringeri Sharada Institute of Management, New Delhi.

He was an IT Analyst and Lecturer in Management Studies before taking up Corporate Training and has run numerous workshops on creativity and communication skills.

SHREYAS

Shreyas can be best described as a luxury retreat with a soul. Comparable to the more exclusive and private luxury hotels in the world, it also provides its resident guests with an opportunity to learn more about the Indian spiritual tradition, especially Yoga.

One hour away from the buzz of Bangalore city, Shreyas is a secluded boutique retreat located amidst more than 10 hectares (25 acres) of serene gardens, rice fields and a coconut plantation. The Vedic instruction, Athithi Devo Bhava, 'treat thy guest as an embodiment of the Divine', is the guiding principle behind Shreyas Retreat's excellent service attitude. But its exclusivity—it caters to a maximum of 25 guests at full occupancy, tranquillity and holistic approach to wellness are what keep guests returning again and again. Shreyas Retreat is dedicated to helping visitors achieve a perfect balance in body, mind and spirit. In Indian custom, 'shreyas' refers to 'all-round excellence', an axiom the retreat aims to fulfil with each of its guests. From its calming façade, to the cuisine, yoga classes, spa menus and no-alcohol policy, every detail is carefully considered so that guests are provided with optimal opportunities to realise material and mental harmony, however short their stay.

(Extract from India Chic, UK)

In addition to offering the above, Shreyas allows you that much needed space to spend some time with yourself in a private and spiritual environment.

Yoga classes at Shreyas are based on classical Hatha yoga & combined with Pranayama (breathing related) and Pratyahara (internalisation) processes drawn from the Yoga Sutras – an ancient yogic doctrine that aims to integrate our body, mind, heart and souls for complete living. There is no dogmatic religion practiced at Shreyas and people of all faiths are welcome.

FEEDBACK

One of the Worlds best Yoga retreats...

Harpers & Queens Magazine Aug 05 issue

A stay at Shreyas Retreat brings guests away from the stresses of life, and puts them on the path towards rejuvenation. With its calm, natural surroundings, wholesome food, restorative spa therapies, and lessons in well-being, the retreat is truly a sanctuary for the world weary.

India Chic, UK

A little 'gem' tucked away in the middle of India... ..It is a perfect setting for almost any kind of personal growth journey, but most of all enhanced by the care and consideration shown by the staff. They have been impeccable! Truly they are Shreyas' greatest asset.

Navita, London

What a surprise to find such a nourishing and luxurious experience, quite different from anywhere I have been before. I will take a lot away from my stay here and look forward immensely to coming back and watching Shreyas grow. A real spa for the soul.

Tiffanie Dark, Sunday Times, London

What can I say? This is paradise! But even though Shreyas represents the epitome of luxury and beauty, to me it has also given a sense of humility, a touch of nature, and most of all put me in touch with beautiful people.

Puja, Bangalore

Shreyas is a little piece of paradise of earth. Thanks to all of you for your kindness and your smiles, you made my stay have a truly memorable experience.

Carole, Colombo, Sri Lanka

What a spectacular place this is. Being here is not only spiritually invigorating but emotionally explosive. There are things I have discovered about myself that I didn't know existed. I feel profoundly rejuvenated & cleansed. I can't thank you enough.

Lisa Wright, Texas, USA

Frustrated, Harassed, Tired – is how I arrived. I leave enriched, reenergized, refreshed. Shreyas challenges you to experience yourself, to discover a little of yourself and enjoy that person. As always the people of Shreyas have been wonderfully warm and teachers of humility- Thank you.

Simon Salt

My second encounter at Shreyas is as beautiful as before. Thank you for guiding me to a better way of life & I hope I am successful at it.

Phirosa, Mumbai

Shreyas is a place that epitomizes all that it stands for. I love its ambience, am grateful to its caring staff and thank them for sharing SHREYAS with us. Whenever I need to listen to myself, there is no better place to be.

Dr Ashley, Bangalore

For us, this place is where the mind and soul have come together in unity. We experienced the oneness in all the practices we did. The hospitality and kindness of everyone has been overwhelming. We look forward to many more new discoveries & experiences in our future visits. Thank you for making this a paradise for us.

Kantu & Raju Mahtaney, Bangalore

