



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 individuals to manifest latent qualities of functional, emotional and spiritual excellence.

www.innerchallenges.com

ENLIGHTENED LEADERSHIP SERIES

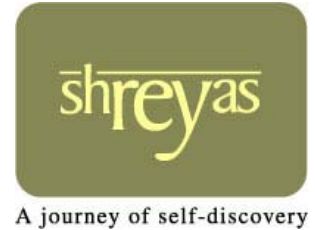
THE BHAGAVAD GITA - A PERENNIAL SOURCE FOR LEADERSHIP

**Friday 25th August – Sunday 27th August 2006
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





ENLIGHTENED LEADERSHIP SERIES THE BHAGAVAD GITA - A PERENNIAL SOURCE FOR LEADERSHIP

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Program Outline

As leaders, we live under an illusion that we are objective in our decision making and choices. We rarely understand the subtle nuances and colourings of our conditioned mind that tilt a choice one way or another. When these choices we make play out their effect in the form of unpleasant or uncomfortable consequences, we are quick to lay the blame on the external world - competitors, peers, colleagues and so on.

Our choices are coloured by emotions which have a life of their own. Consider "anger" and how quickly we lose control over our ability to deal with it. Emotions are experienced in the heart region (not the physical heart) and play out their effect through the body.

We are also unable to put together a knowledge data base that encompasses all that we need to get the desired result - clearly that would be impossible, considering the infinite matrix of possibilities that exist in every coming moment. This limited knowledge is distressing and we seek therefore to know more and more - either through books, through programs such as this, or other media.

So, can we find a source within ourselves that always provides us with correct measurement of choices at hand and the courage and conviction to follow through? Is there a way to know what to do and the will power to do what we must - irrespective of how it may impact our own perceived personal agenda?

Modern Leadership theorists have identified "emotional and spiritual intelligence" as a key to great leadership. In this edition of Enlightened Leadership, we will tap the infinite wisdom contained within the Indian spiritual tradition on how to harness emotions for better living. The scripture in particular that we will refer to is the Bhagavad Gita.

During these programs, we look to understand and work with our psycho-physical energy system or simply the mind-body complex. Here, Mind or (Antahkarana) refers to the collective modifications in which it operates –

- (1) Manas (or the lower mind, where emotions are played out and deliberations take place),
- (2) Buddhi (the intellect, where discrimination and right choices are made),
- (3) Chitta (or memory, provides knowledge based on the repository of past actions and behaviour); and
- (4) Ahankara (or personal ego, is the self-arrogating principle). According to the Gita, this overall mind-body complex needs to be cultured and purified if we are to make better choices.

The Bhagavad Gita is an excellent manual of the theory and practice of emotion culture. It not only provides the principles but also time tested processes to facilitate a complete transformation of our inner Mind.

In spite of being an experienced leader and a noble warrior of his times, Arjuna was dogged by doubts

about the war at hand, and misunderstanding of his own dharma as a warrior. Sri Krishna, in the role as Arjuna's charioteer doubles up the duty as a teacher, expounds the subtle truths in His own inimitable ways and prepares Arjuna to fight and win the war not for personal aggrandizement but for reinstating righteousness. Unlike Arjuna, we play our war of life over years, but the conflicts between right and wrong, selfish and selfless, give or take are the same.

We have with us Shankarji, who will expound the principles of mind culture and also providing us with practical processes to enable us to understand and harness our emotions. In addition, a stay at Shreyas includes regular Hatha Yoga asanas, Pranayama, Yoga Nidra and pre-meditation sessions to make this a complete weekend.

**For registration, please contact krishna@shreyasretreat.com
080 (2)773 7103 or 080 (2)773 7183 Extension 129**

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, Researcher and Content provider of workshops)

Krishna Prakash ("KP") 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.

Agenda

Lectures Sessions by Shankarji

Approximately 4-6 hours over the weekend will be in the form of discourses by Shankarji. He will be covering how we can tap into our spiritual intelligence - the source of all emotion culture and intelligence, the challenges we are likely to encounter, and methods of overcoming them. The content will be based on selective (3-5) verses from the Bhagavad Gita, which will be looked at in details over the weekend.

Pawan facilitates the discussion/feedback sessions allowing participants to relate the sessions in their professional and personal lives

Apart from the formal lectures sessions to be taken by Shankarji and/or Pawan, you will be able to enjoy the following activities at Shreyas

Yoga Asanas & Pranayama

Yoga Asanas and Pranayama sessions will help restore and heal the physical body, and bring about strength, flexibility and balance in life. Yoga processes are considered a holistic form of exercise today and have been shown to bring positive changes to our emotional state as well.

Meditation Classes

Meditation sessions at Shreyas use the medium of visualization and sound to take you into the depths of your being.

In the words of a spiritual master, *“every single day you live, there is a deeper possibility that is present within you. If you can direct your attention and your energy toward that deeper possibility, you are going to discover the most wonderful thing in your life.”*

Yoga Nidra

Literally translated as “Yogic sleep”, this process places you into a state of conscious deep sleep for deep relaxation and subtler spiritual exploration.

Interactive discussions on emotional and spiritual intelligence

Participate in interactive discussions on how to practically integrate spiritual wisdom into your inter personal relationships and manage emotions such as anger. Your inputs on personal experience and struggles will be a great source of inspiration for others as well.

Nature Walk

A nature walk at Shreyas is an opportunity to explore 25 acres of pristine greenery that is sure to bring you to a sense of inner calm and peace. The soft Zen-like greenery is pleasing to the eye and there is an abundance of colour and fragrant flowers throughout the retreat to remind you of the awesome beauty of nature, when she is allowed to express herself freely.

Farming

Shreyas grows its food in its own 3 acre organic vegetable, herb and rice fields. Guests are encouraged to participate in some farming and “getting their hands dirty”. This is a wonderful opportunity to re-connect with nature and appreciate its benevolence in our lives.

Silence (Mouna)

An enforced period of silence is an antidote to stress and depression. In a world where we are constantly bombarded by sensual distractions, our minds are forever split between the many decisions we think we must take. A Mouna is sacred silence time where you still your mind activities by refraining from speaking, and instead spend your time contemplating, meditating or reading spiritual books. We will provide you with “Ssshreyas” badges that you can wear whenever you wish to be left alone.

Rejuvenation massages

Deep tissue Balinese, Thai, Ayurvedic massages, numerous scrubs and beauty treatments are available for you to enjoy.

Other activities / facilities

A 25 meter temperature controlled ozonated swimming pool, Jacuzzi, steam, fully equipped gym, a home theater with 500+ movies, a library packed with books for all your interests and a cricket bowling machine to play against, are all available to you during your stay.

Investment

For a 2 Night retreat (arrival Friday 25th Aug-Departure Sunday 27th Aug 2006) with all fees, taxes and a stay in luxurious garden/pool cottages, the investment will be Rs15,000 Single or Rs 20,000 on Double/Twin sharing basis.

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@shreyasretreat.com 080 (2)773 7103 or 080 (2)773 7183 Extn 129

FEEDBACK ON SHREYAS

I arrived tired & stressed with a busy mind – I leave calm, relaxed with a clear mind. I thank you for guiding me that little bit further on my own personal journey.

Alison Daly, Leaders Quest, UK

This has been a delightfully different experience. The batteries have been recharged, the mind has been cleared and hopefully we are better for the experience.

Binzi Bharuchha, MD, Colorchem, Mumbai

Shreyas has left a truly enhancing experience.... Yoga sessions and talk on Leadership have made a difference in the way we think and appreciate life.

Shumone Chatterjee, CEO, Levi, Bangalore

The meditation, yoga and the insights on the Gita, stress management and the way to a more wholesome living have made an impression that we will carry with us back home.

Nimesh Kampani, CEO Morgan Stanley & Vishal Kampani, Head of Corporate Finance Morgan Stanley, Mumbai

I have come here once again to continue my journey of self-realization. Thank you for igniting the spark in me to want more and more. Shreyas is such a beautiful experience...

Zinia Lawyer, President, ABDPL, Mumbai

I could think of no better place than Shreyas to move along my spiritual path. The energy of this place lends itself so completely to one's inner journey. I thank the entire team at Shreyas for making this possible.

Sunil De Sousa, CEO, Green Piece, Bangalore

..... We found here what has been truly missing in our frantic existence all these years – an inner peace, astonishing tranquility and equanimity we had never felt or experienced before.

Darius Udawadia, Corporate Lawyer, Mumbai

I came here looking for sunshine and rest but found so much more than I ever thought possible. Not only have I been stretched by the yoga but immensely enjoyed (the sessions) – which has made me think more deeply about my future lifestyle and behavior. Discipline and balance will be my mantras on my return to the UK.

Best regards,

Suzanna Sloan, Head of HR, Blackstone group, UK

Thank you so much for the enlightenment. I came very tense and pressurized; leaving light headed and peaceful.

Princess Nazak Khatami, UK

For more feedback

<http://www.shreyasretreat.com/clientfeedback1.htm>