



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](http://www.innerchallenges.com)

## ENLIGHTENED LEADERSHIP SERIES

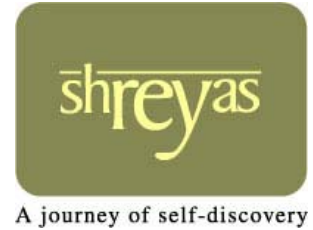
# LIVING THE WISDOM OF THE BHAGAVAD-GITA

Friday 27<sup>th</sup> January – Sunday 29<sup>th</sup> January 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](http://www.shreyasretreat.com)





## LIVING THE WISDOM OF THE BHAGAVAD GITA ENLIGHTENED LEADERSHIP SERIES Friday 27<sup>th</sup> January to Sunday 29<sup>th</sup> January 2006

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We continue with this popular series of retreats where we study the Indian Spiritual Tradition, especially the Bhagavad-Gita, Yoga Sutras and selected Spiritual processes, as an essential primer for excelling in all spheres of our life – emotional, functional and ultimately, spiritual.

Interactive lectures on the Gita will be combined with selected processes from Yoga that will enable us to live this philosophy. Sri Shankar Narayan will be coming from Delhi and sharing his understanding of the Gita drawn from over 30 years of study and practice. The lectures are delivered in English, are easy to understand and his insights are extremely practical to apply.

The Bhagavad Gita is considered to be one of the greatest scriptures of Indian spiritual thought. It contains within it, the distilled essence of the Upanishads, which encourage us to manifest total excellence in all that we do, and in all our relationships by discovering the latent divinity within us. The universally applicable Bhagavad-Gita, when correctly understood and assiduously practiced, will enable us to deal with all conflicts in life as opportunities to learn and grown from.

The Bhagavad Gita contains within it the highest of truths; that Self-realization; is the goal of life. It also directs us to practice Yoga, to achieve this goal. As we dive deeper into this beautiful scripture, it provides us with the necessary qualities of emotional excellence, which when manifested, will make us natural leaders – at home and at work.

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.

### **Brief Contents**

- Manifesting Emotional Intelligence
- Practical Applications in life – Group Discussions
- Yoga Classes, walking meditations, concentration exercises etc.
- Mouna (Silence Hours)

### Investment

2 Night Stay (Arrival Friday 27<sup>th</sup> January - Departure Sunday 29<sup>th</sup> January)  
Rs 10,000 per person sharing tent/cottage accommodation

3 Night Stay (Arrival Thursday 26<sup>th</sup> January - Departure Sunday 29<sup>th</sup> January)  
Rs 15,000 per person sharing tent/cottage accommodation (includes one 60 minute rejuvenation  
massage)

*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](mailto: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.

## OUR 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 Poornananda, 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.

## 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 philosophical tradition of Yoga. At Shreyas, we aim to demonstrate that Yoga can be learnt and practiced by all, irrespective of age, health and faith. We also believe that you do not have to compromise on your creature comforts to get access to authentic teachers and teachings from this eternal, vibrant and universally applicable philosophy for a fulfilling, effective and purposeful life.

In addition to offering the simple pleasures of life such as a clean and quiet environment, good homely food, fun recreational activity, Shreyas allows you that much needed space to spend some time with yourself in a private and spiritual environment. We therefore request our guest to refrain from meat, alcohol and smoking during their stay with us.

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

### What people have to say about Shreyas and the Workshops

I can't think of even a tiny bit to better perfection has been achieved! The ambience particularly at night is truly stunning, the staff is extremely attentive, and yet discreet. Everything truly blends in. Well done with all my heart.

I shall be back.

*Parit Dodhia - London, UK*

Thank you for the lovely hospitality, couldn't have asked for more. This is a great retreat to unwind at, & is sure to become hugely popular.

We have a lovely time here.

*Mona Gandhi, Fabians charuau Elle, elle Decor*

You bring true meaning to the words "All round excellence". I can not thank ... enough for the most inspiring week of my life. The world is a more beautiful place after a week at Shreyas.

Until next time...

Shanti!

*Joanna Cook (Essex)*

Shreyas was a wonderful experience, with a dash of ethnicity. A very fine balance of natural ethnic experience coupled with a very modern, comfortable ambience. Meals are a welcome change from big hotels and resorts. Simple, wholesome, healthy, tasty and had a taste of home. The way the meals were served was also very good.

The infrastructure is very good, and comparable to any five star resort/ hotel chain. It doesn't get much better than this!  
*Rajeev, Mumbai*

I arrived tired & stressed with a busy mind – I leave calm, relaxed with a clear mind. I thank you for your amazing hospitality, attention to detail, fine, fine cooking & for guiding me that little bit further on my own personal journey.

Until the next time...

*Alison Daly (Richmond, UK)*

Shreyas is much needed in TODAY'S MADDENING WORLD!!!

We came here when we much needed it in our life and it really helped all of us de-stress. The massages are superb! The food is absolutely delicious!!! Never knew vegetarian food could be this delicious!!! Compared with this is your incredible staff courtesy - genuineness and a real desire to please. The peace/joy abounds literally from the moment we touch down here. Superb ambience, lovely music, awesome theater, Jacuzzi, steam and most of all the haven which gives us all place to just be. Thank You

*Bindu, Seema, Monisha, Rohit - September 2005*

Thank you so much for looking after me so well. I expected austerity but received pampering and at the same time was quietly being taught much more than I had anticipated. I very much hope that the inspiration and the practical sessions will stay with me and help change not the world, but me!

*Celestria Hales, UK*

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