

A Journey to the Inner Power

TIBET

Dharamshala /13-18th Oct. 2024

5 Day Mindfulness & Meditation Retreat



“LET GO OF WHAT YOU ARE,
SO YOU CAN EMBRACE WHO YOU CAN BE”



WHY



To Attend the 5 Day Journey to The Inner Power:

During the 5 days training in the beautiful Jungles at Himalaya in North India (Dharamshala) at amazing 5 star hotel of Radisson Blu, you will have the chance to revitalize yourself, and stay away from the distractions, routineness and stress and connect deeply with yourself and manage your thoughts and emotions.

Creativity and Innovation is a direct result of tapping into your undiscovered potentials and powers within, in peace and calmness and to connect with yourself as a result of managing your stress, tension and anxiety.

Attending seminars with 5 top globally known speakers and monks in India will expose you to hundreds of ideas, tools and models to better manage your feelings, stress, and tensions, and to clarify your thoughts and to move to clarity from confusion.

Over 100 top CEOs, and managers from the Middle East attend in this annual 5 day Tibet retreat every year in a uniform white clothing, experiencing early morning meditations in the jungle, and Yoga in the sunsets, while connecting to the mother nature and with themselves and their creator to practice peacefulness, and calmness along with the thankfulness.

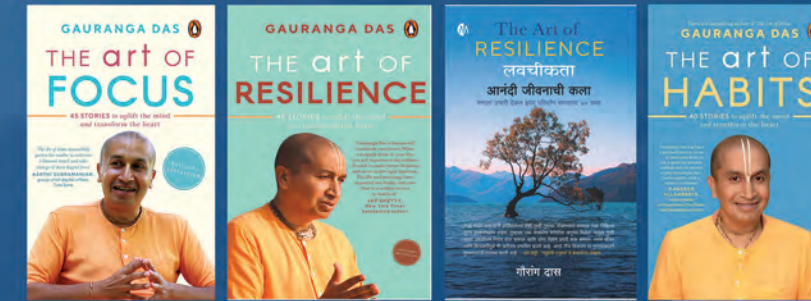
This 5 day retreat will pave the way for a higher productivity, and performance in both your personal and business life and will help you control your stress, sorrow, tension and sadness with exercise of thankfulness, gratitude and gratefulness along with the support of top coaches, speakers and authors.



GAURANGA DAS



- Master's degree in Systems Science & Automation from IISc, Bangalore.
- Authored 30+ books including study guides and self-enrichment books.
- Involved in diverse roles at the Govardhan Eco Village Project.
- Currently the Dean of Bhaktivedanta Vidyapitha, a school of Vaishnava Studies.
- Over 6500+ hours of spiritual discourses delivered.



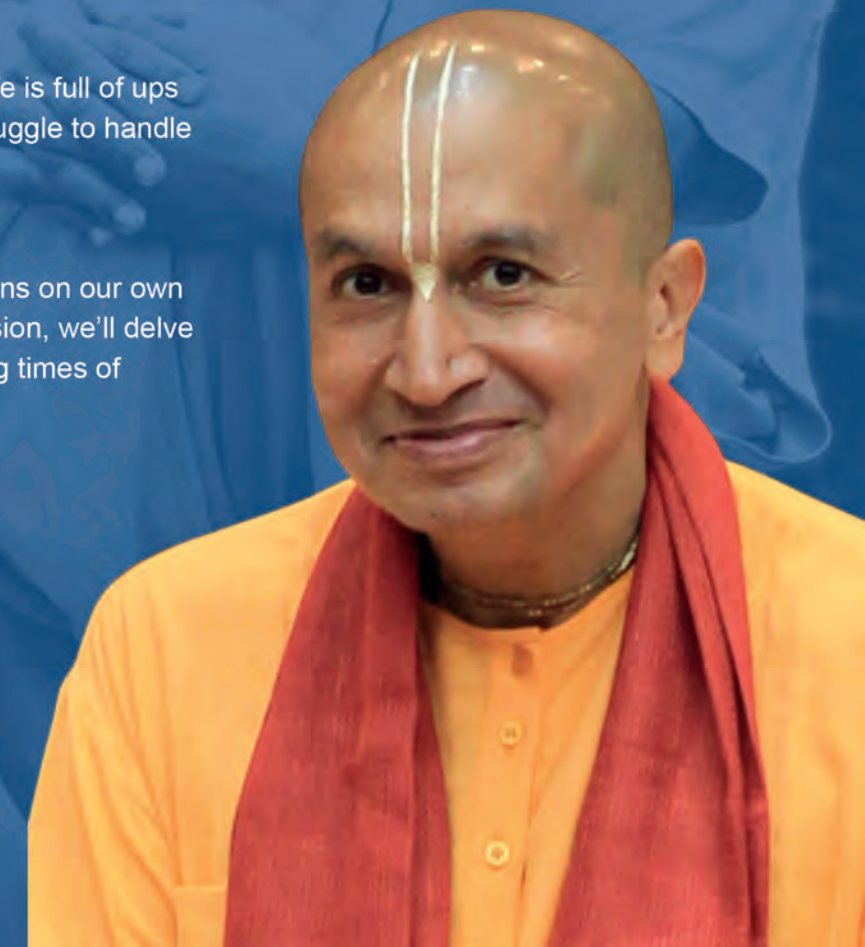
Speaking Titles:

JOURNEY TO INNER STRENGTH

keeping you safe from turbulence. Similarly, life is full of ups and downs, and without inner strength, we struggle to handle the external chaos.

FROM CONFUSION TO CLARITY

There are moments when we can't find solutions on our own and need guidance. In this contemplative session, we'll delve into the importance of seeking guidance during times of confusion and uncertainty.



YOGESH CHABRIA

- Yogesh Chabria has touched over 20 million lives with his seminars, books, programs and strategies in over 100 countries.
- An internationally awarded bestselling author and a contributing author to The Chicken Soup For The Soul TM series, which has sold over 500 million copies globally in 43 languages.
- He is the creator of the World's leading success, business & happiness system of all time - The Happionaire™ Series
- Awarded as one of the world's most sought after and distinguished speakers by LIRT (Life Insurance Round Table), MFRT (Mutual Fund Round Table), Ideas Arabia

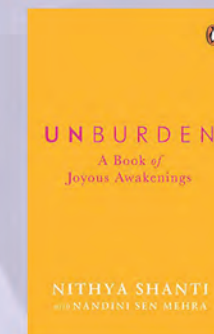


Speaking Titles:

- Letting go of your past anger, hate, shame and regret to accept your true Inner Self
- Discovering your inner bliss and letting go of stress, anxiety to live with awareness
- Experiencing divine love and tapping into your inner power to overcome challenges and uncertainty

NITHYA SHANTI

- Internationally respected spiritual teacher, seminar leader and facilitator for 20 years.
- Completed an MBA graduate from XLRI, Jamshedpur and then worked in the corporate sector
- Six years of living in forest meditation monasteries in Thailand, Sri Lanka and various parts of India and the US.
- Personally coached thousands of people and addressed diverse audiences worldwide
- Co-author of the book "Unburden", published by Penguin.



Speaking Titles:

- Happiness For No Reason: Unexpected Insights for a Fulfilled Life
- It's Not Heavy If You Don't Pick It Up: Lessons from my life as a monk
- Trust The Process: How to Have an Exceptional Life Without Overthinking

GESHE LHAKDOR

- Religious Assistant to his holiness Dalai Lama since 1989
- Best-selling author of "The Way to Freedom" and "The Joy of Living and Dying in Peace" with his holiness Dalai Lama
- Director of the Library of Tibetan Works and Archives in Dharamsala
- Director of the Central Archive of His Holiness Dalai Lama, and a member of the Advisory Board of the Institute of Tibetan Classics in Montreal, Canada.
- Honorary Professor at the University of British Columbia, Vancouver, Canada.



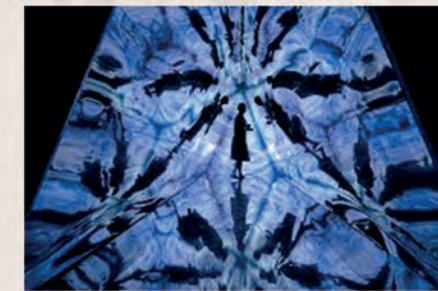
Speaking Titles:

- Power of gratefulness and gratitude and Serving people to help you grow and prosper
- How to win in life and victimize sadness and sorrow and manage stress and tension.



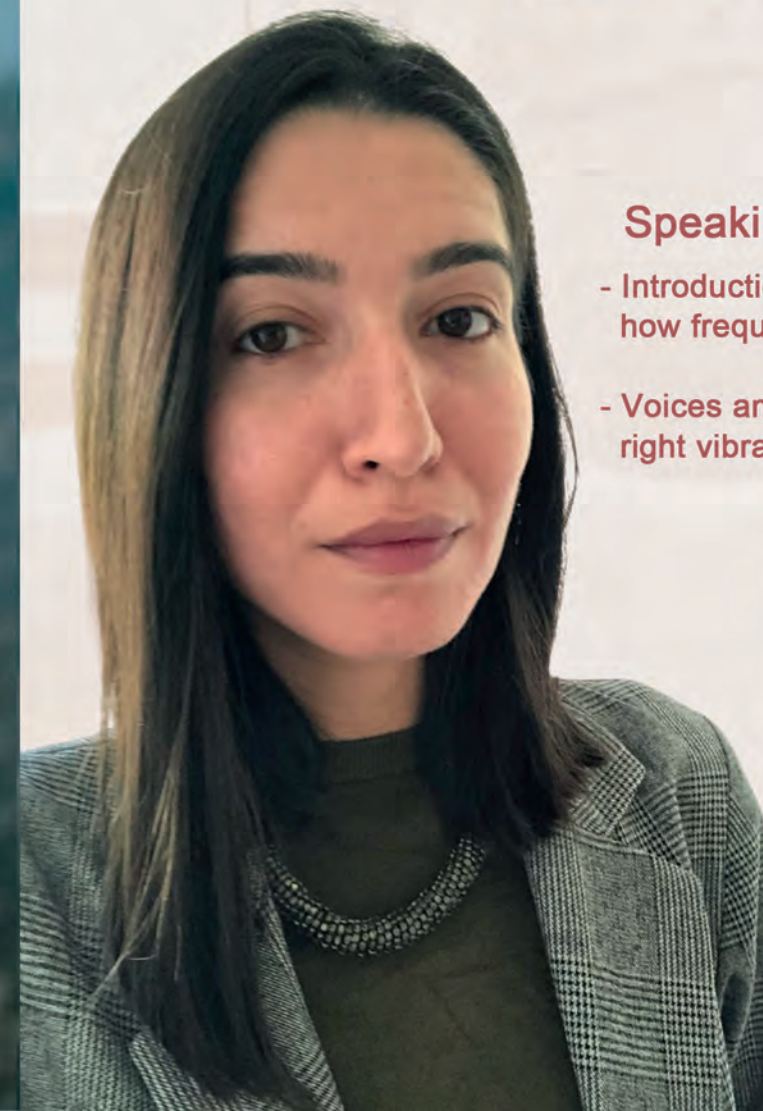
FARAH MULLA

- A researcher and a sound therapist and artist based in Mumbai with a rich background in science
- Graduate of MFA from the Cambridge school of arts, U.K. with her works exhibited in solo exhibitions in Mumbai at Jehangir art gallery and Zenzi



Speaking Titles:

- Introduction to sound therapy (morning sessions), how frequencies impact on us
- Voices and Vibrations, how to feel relieved with right vibrations



An aerial photograph of the Radisson Blu Resort Dharamshala, showcasing its multi-story buildings with blue roofs and terraces. The resort is nestled in a lush green valley, surrounded by dense forests and majestic mountains in the background. The sky is filled with soft, golden light, suggesting a sunset or sunrise. In the foreground, a swimming pool with lounge chairs and yellow umbrellas is visible on a terrace level.

Radisson BLU

RESORT DHARAMSHALA

Surrounded by breathtaking valley views and crisp mountain air, the Radisson Blu Resort Dharamshala invites you to explore the majestic Himalayas. This luxurious hotel is nestled at the foothills of the scenic Dhauladhar Himalayan range, just a 30-minute drive from Gaggal Airport and with easy accessibility from both Punjab and Delhi.

The resort is well-situated to explore all popular places of interest in and around Dharamshala. Trek through the mountains to visit one of the many monasteries and temples, find local goods at Kotwali Bazaar, and discover your new favorite tea in the gardens of Sheela Chowk. After a pilgrimage to McLeod Ganj to visit the Dalai Lama's complex, return to the hotel to unwind in one of 120 charming rooms fitted with all modern amenities.



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