



THE WELL TO *Wellness*

A RETREAT FOR ENHANCING WORK & PERSONAL LIFE

Initiating Mastery in Leadership and Personal Wellbeing utilizing contemporary research and specialised techniques including Yoga and Meditation.
Tapping innate human capacities inspires creative joyful living and professional innovation

8th - 10th February, 2014
at Shanti Mandir, Magod, a non-profit, educational-charitable organization





*Mastery in Leadership
"When we are liberated
from our own fears,
our presence
automatically
liberates others"*

Nelson Mandela

THE WELL TO

Wellness

Retreat

February 8-10, 2014

Retreat Themes

The retreat aims to achieve an equilibrium between today's hectic challenges within the work place and home and discovering inherent peace, energy and happiness. Cultivating balance between inner well being and outer well being yields professional excellence and personal satisfaction.

Accessing the world's most effective fundamental principles for;

visionary leadership

living with greater awareness and vitality

enhanced adaptability

recognising opportunities in a rapidly changing world

managing attention, intention and energy, and not time, is the real secret of high performance.

Session Content

Principles and practices of mindfulness and meditation

Specialised Yoga sessions, tension releasing, relaxation practices

Breath as a gateway to self awareness and greater vitality

Managing and transcending stress

Gaining recognition of how external environment impacts internal wellbeing

Eating well – intelligent nutritional guidelines including ayurvedic therapeutic tips

An opportunity for an honest self introspection and setting new life goals.





Take Aways Post Retreat

Participants will leave with an experience of heightened skillful living- sustained by practical easily integrated home practice recommendations including specialised audio visual support.

Dates and Venue 8th -10th February, 2014

Times: Day 1 Friday 8th February commences 3pm

Day 3 completion 4.00pm

Shanti Mandir is situated in Village Magod in rural Gujarat 2 kilometres from the sea. The naturally beautiful environs create a tranquil sanctuary for the retreat experience. The stay will be in comfortable, clean accomodation with attached bathroom. Nearest rail station is Valsad (near Vapi), about 7 kilometres from Shanti Mandir. Road distance from Mumbai is 200 kilometres on Western Express Highway NH8.

Retreat & Venue Related Information

Loose, comfortable, casual clothing is recommended.

Vegetarian food will be served.

Smoking and alcohol are not permitted.

For your benefit we encourage minimal or no contact with the external world for the duration of the retreat.

Handouts and other materials will be provided in the participant kit upon arrival and registration.





ABOUT SHANTI MANDIR

Mahamandaleswar Swami Nityananda Saraswati is the founder and head of Shanti Mandir (Temple of Peace), a non-profit, educational-charitable organization. It was established in 1987 as a vehicle to continue the work of Swami Nityananda's spiritual Guru, Swami Muktananda Paramhansa of Ganeshpuri.

Shanti Mandir is a registered Public Charitable Trust with the Office of the Charity Commissioner in Mumbai. It has a firm commitment to Vedic learning, awakening the inherent spiritual power of one and all, education, health and best living practices.

The key mission and core values of Shanti Mandir is to believe in the principles of "Lokah Samastah Sukhino Bhavantu" (may all beings be content) " To practice these core values, SM is pursuing the following objectives.

Nurture, sustain and share the Vedic heritage and to promote and preserve the Sanskrit language and make education accessible even to the economically challenged .

Guide individuals in realizing their full potential by being connected with their inner divinity.

Inspire everyone to embody spirituality in worldly life so as to be able to lead a contented, enriched and balanced life.

Engage in community development activities and offer support to uplift the quality of life to the under privileged persons of the society.





Donations and Commercial Terms

The entire financial proceeds from this retreat are to be used to fund the operation of Shri Muktananda Sanskrit Mahavidyalaya and other charitable projects undertaken by Shanti Mandir (refer to inserted brochure). The retreat facilitators are offering their services on a volunteer basis without financial remuneration.

The Retreat of 2-nights and 2-days, including accomodation, food and all sessions is offered for the fee of Rs 9,000 per participant.

To complete registration the full retreat fee needs to be transferred online (preferred) into the account before 31st January, 2014.

Billing and payment schedule

Invoice will be raised on confirmation of the program.

Payments are to be made favouring 'SHANTI MANDIR'

Payment to be credited to Shanti Mandir thru Internet (preferred mode) or cheque drawn in favour of "SHANTI MANDIR" to be deposited at any branch of ICICI Bank.

Bank details of Shanti Mandir for direct credit:

Bank – ICICI Bank; Branch – Free Press, Mumbai

Savings Bank Account No : 000401004805 RTGS/NEFT/IFCS CODE: ICIC0000004

Please inform through email to smandir_ind@vsnl.com or thru SMS to +91-98203 13005 the Name of donor/in whose name the receipt is required & Address where the receipt must be sent.





Facilitators



Swami Dayananda (Karen Schaefer) - A spiritual teacher, writer, happiness coach, educator and a meditation instructor, she is a professionally qualified human resource development person who has worked in multinational corporate houses like Walt Disney, Oracle Software and Anderson Consulting, conducting management training in team building, strategic planning and communication skills training in Australia and the U.S. For the past several years she has dedicated herself to the practice and teaching of meditation. She will provide practical instructions on how to develop high level attention skills and clarity of awareness through simple meditation practice. She is committed to sharing transformational principles and practices for true happiness with individuals and organizations.



Sadhana Pezet - Trained first as a classical and contemporary dancer and studied art at university and practiced both as a professional ballet dancer in Australia and exhibiting artist. She took post graduate studies in transpersonal psychology and cultural studies. She was the director for Ikon Institute in South Australia and trained counsellors and art therapists in transpersonal methods nationally in Australia. Sadhana has sustained a personal yoga practice and served as a highly trained Hatha yoga and meditation instructor for 4 decades. With her husband Keval Pezet, she is the founder and co director for Shantarasa School of Yoga and Shantarasa Yoga Institute and has trained hundreds of yoga asana teachers internationally for the past 10 years. As well they offer courses in yoga philosophy, yoga therapy and conduct retreats and corporate trainings in yoga, meditation, with associated lifestyle practices. She is currently authoring two books, one detailing her particular approach to asana practice and the second on yoga psychology.



Keval Pezet - Educated in the United States, Keval Pezet received his BA in Art History and Philosophy. He developed a strong appreciation for Indian culture while specializing in the pictorial iconography of the Ajanta cave paintings. This led to his lifelong relationship and passion for the Indian contemplative tradition. In 1974 he met his mentor, the contemporary spiritual master Swami Muktananda of Ganeshpuri. After several years of intensive study with his teacher Keval moved to Europe where he conducted trainings on the application of meditation in dealing with anxiety, depression and stress as well total life enhancement strategies. In 1984 he commenced his dedicated study with Mahamandaleshwar Swami Nityananda, the successor to Baba Muktananda, which continues to this present time. In 1985 Keval moved to Australia to continue his work of facilitating yoga and meditative practices. He met his spouse Sadhana and together have raised their daughter Shanti. In 2005 Keval and Sadhana established Shantarasa Yoga Institute and have subsequently trained hundreds of yoga teachers in Australia, the US and India.





Dr Rakhee Thakar received her M.D. Pediatrics from Maulana Azad Medical College with distinction. She held the position of Pediatrician in leading hospitals of Delhi. She joined Shanti Mandir in 2003 as a volunteer without remuneration and since then has dedicated her professional services and life to running Shanti Arogya Mandir which offers an onsite health clinic , mobile hospital visiting 12 surrounding villages serving the rural population in Valsad and other health related programs such as eye camps. With a keen interest in Ayurveda, she aspires to create awareness for disease prevention and healthy joyful living through life style modification.



Arun Gupta is a power engineer by profession. He studied Electrical Engineering at Delhi College of Engineering and then did his post graduate diploma in management with multiple specialised courses from Administrative staff college, Hyderabad, IIM, Kozhikode, MDI, Gurgaon, IMI, New Delhi. Currently he is leading a State Public Sector Undertaking as its Managing Director. Arun spreads happiness by being a shining presence of joy and gratitude. He has been empowered by his Guru, the head and founder of Shanti Mandir and is able to share his Guru's profound teachings in light-hearted ways and now spends much of his time under his guidance and blessings .His capacity to inspire, and offer practical transformational teachings has been appreciated by friends around the world. Since 2007 he has been conducting transformational workshops at Shanti Mandir for participants of age group from 10 years to 75 years.

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