



Swami Sukhabodhananda
in
Life Programme
The Divine Software for Success & Satisfaction

"The LIFE Programme, concentrates on creating a enlightened balance between the 4 zones to create total harmony."

1. **INTIMATE ZONE** : Fulfilling the deepest need in you through meditation.
2. **FAMILY ZONE**: The art of respecting and celebrating differences in the space of empowerment, creating family esteem and purpose.
3. **WORK ZONE**: The spiritual art of "Getting what you like and liking what you get".
4. **SPIRITUAL ZONE**: A unique blend of Vedanta, Yoga, Shiva sutras, Tao, Zen, Bible, Sufism, Buddhism and Jainism to discover a restful blissful and a divine You.

OBJECTIVE

It focuses on the inner and the outer winner.

OUTER WINNER

- The art of powerful goal setting
- Diet management
- Effective communication
- Confidence building
- Decision making
- Team building
- Divine principles of worldly achievement
- Interpersonal skills
- How to deal with difficult people
- Possibility thinker

INNER WINNER

- The art of being blissful, restful and loving
- The art of healing psychological wounds
- Mind management
- Worry management
- Fear management
- The art of dealing with fear, diffidence, frustration and hurt
- Meditation to bring about healthy inner healing and enlightenment

"This programme teaches you to use the brain for success and satisfaction"

"I promise at the end of the programme, if you are total, you will be dancing in divine ecstasy - the forgotten language - Swamiji"

SWAMI SUKHABODHANANDA

Swami Sukhabodhananda has a rich wisdom of the Eastern and Western Systems of learning. He has studied under great traditional masters and exposed himself to modern management. Leading Industrial Houses invite him to conduct 'In-House Workshops' for executives. Swamiji's books '*Manase Relax Please*' in Tamil and Kannada, have been an all time best seller. Visit <http://www.swamisukhabodhananda.org/>

Visit : <http://www.vogabharati.org/>

to register online

Date & Time

Venue

April 5 & 6 2003 (10am - 6pm) Double Tree Hotel, 720 Las Flores Road, Livermore, CA 94551 ph: 1-925-443-4950

Contacts: Shakila 408-360-9585 ; Sampath 408-244-9119