

THE INTERNATIONAL CENTRE GOA

Presents

<i>Celebration of the Self</i> A unique holistic combination to explore three aspects of one's being and energy – <i>Meditation, Chakra Healing & Tai Chi</i> Resource Person: <i>Swami Satyakam Saraswati</i>		
SESSIONS	DATE & TIME	FEE
<i>Tai Chi</i>	Every Saturday & Sunday from 2 nd June 2012 onwards 5:30 pm to 7:30 pm	Fee: Rs. 300/- per person per session
<i>Meditation, Chakra Healing & Tai Chi</i>	Every Sunday from 3 rd June 2012 onwards 10:00 am to 5:00 pm	Fee: Rs. 1,000/- per person per session
ENTRY BY PRIOR REGISTRATION ONLY For more information contact <i>Swami Satyakam Saraswati</i> – 9421191956 <u>Please Note:</u> Participants can also join for a set of 10 sessions and avail of 10% special discount. Participants should bring their own mats & cushions.		

About the Resource Person

Swami Satyakam Saraswati has studied meditation and Philosophy from Buddhists, Sufi, Tantric and Taoist disciplines from different Masters. He holds a degree of Fine Arts. He has been practicing martial arts and Tai Chi for last 20 years. He studied Indian Classical Singing for 30 years. He has been teaching Tai Chi, Meditation, Music and Painting since last ten years.

His in-depth understanding of different Spiritual methods and various fields of creativity healing and meditation gives his workshops and classes a broader multi dimensional approach by combining and using various disciplines as per the need of the participant's uniqueness. (9421191956 / gupta.satyakam1@gmail.com)

Meditation

In this three day intensive workshop we will learn techniques and Science of Meditation.

Its role in healing, de-stressing and relaxing and establishing oneself in one's true divine self. Meditation techniques from Zen, Sufi, Taoist and Tantric paths of spiritual disciplines will be practiced. We will use meditation to release the pent up of negative stresses from body mind and emotions.

Chakra Healing

Chakras are the spinning centers of universal energy in our body along the Spine. Chakras play a major role in our physical, mental, emotional and spiritual well being.

Our Chakras get blocked due to imbalanced life style, negative emotions, traumas etc which causes illness and stress on many levels.

We will learn techniques of meditation from Yogic, Tantric and Taoist disciplines using sounds, visualizations and breathing techniques to unblock and activate the Chakras.

It will help you de-stress and reestablish your connection with the cosmic flow of energy.

Tai Chi

Tai chi is an ancient form of healing discipline from China. It has gentle, non strenuous, soft dance like movements. Tai chi is based on the scientific understanding that our body and whole Universe is nothing but a matrix and flow of Chi (Energy).

This universal flow of energy through our bodies is our health, happiness, love and creativity.

All these qualities are different expressions of this energy, also known in India as *Shakti*.

This energy animates the whole universe, all our physical, mental emotional stresses occurred due to blockages in the flow of this energy through our energy channels (Meridians). Tai chi gently reestablishes the flow of Chi and balance our energy's to heal de-stress and relax.

Tai chi can be practiced by all ages, especially convenient for senior citizens.

**For further details visit www.internationalcentregoa.com or contact:
Arjun Halarnkar | 9765404391 | 2452805-10 | prog@incentgoa.com**