



# Vedanta Teachings By SHUBHRAJI

## Talks

### The Art of Meaningful Action

Friday 13 June 2014  
18.00–19:30 hrs

How can one be centered through different challenges and demands facing us in our everyday environment? How can mindfulness and ease be cultivated in our actions? Shubhrajai will give us a practical approach on this subject.

### The Four Levels of Sound

Saturday 14 June 2014  
10.00–11:30 hrs

How do we correlate the subjective and external worlds? In this talk Shubhrajai explores the power of sound and silence. We focus on how we express ourselves in the world and create our paradigm and how we can shift things for ourselves.

## Workshops

### The Power of Meditation II

Saturday 14 June 2014  
15.00–18:00 hrs

Shubhrajai's teachings center on logic and technique of Vedic meditation. She teaches different approaches to slowing the vrittis (thoughts) which, when accomplished, allows one to rediscover and abide in one's true being of - Truth, Consciousness and Bliss. There is also guided meditation and some interactive aspects to this session.

### The Gayatri Mantra

Sunday 15 June 2014  
10.00–13:00 hrs

The most ancient mantra, the Gayatri, is from the *Rg Veda*. This powerful mantra helps us cultivate a keen intellect, purify our heart, remove negativity and accelerate spiritual growth. Shubhrajai will give us a clear understanding of the Gayatri Mantra's meaning, benefits and authentic use.



*Shubhrajai is a teacher of meditation and scriptural texts. She is originally from India and from the age of thirteen has been a close disciple of renowned Vedantic master H. H. Swami Chinmayananda. She moved to the U.S. in 1993 and now resides in Woodstock, NY. Shubhrajai travels in the U.S. and overseas teaching Vedanta to a diverse audience. Shubhrajai brings earthy, good-humored exposition to her teachings. Her students discover a deeper understanding of their nature, challenges they may face, and how to refocus their attitudes regarding life. Her talks are inspiring and uplifting; they aim to bring one to the true Self.*

**For more information:**  
[www.namahom.org](http://www.namahom.org)

[www.facebook.com/ShubhrajaiNamahom](https://www.facebook.com/ShubhrajaiNamahom)

[www.twitter.com/shubhrajainamah](https://www.twitter.com/shubhrajainamah)

## All Events at Yoga Complete

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Seats Limited • Donation: talks–20 €, workshops–40 €/session

Talk + Workshop: 55 € (instead of 60 €) • 2 x Workshops: 70 € (instead of 80 €) • All events: 100 € (instead of 160 €)