



Swami Sukhabodhananda

International Management, Spiritual &
Corporate Guru and Renowned Author whose works
have sold over a million copies in more than
112 titles in different languages

Free Talk

Oh, Life Relax Please!

Aug 5th, 2017 Saturday

6:00 PM to 7:30 PM

Venue: VEDA temple,

475 Los Coches St,

Milpitas, CA 95035 (next to ICC)

The program aims to empower participants to glide through work with a sense of progress and achievement. It addresses challenges of pressure at work, fatigue and stress in the workplace, facilitating a process by which to turn 'conflicts' into 'challenges'.



a research centre to impart
transformative education

Workshop

Emotional Detox Enhancing Life

Aug 6th, 2017 - Sunday

2:30 PM to 6:30 PM

Venue: VEDA temple,

475 Los Coches St,

Milpitas, CA 95035 (next to ICC)

Minimum Donation - \$50*

*** Need-based financial help for
workshop participation is available**

Emotional Detox-Enhancing Life is a four hours interactive workshop focusing on stress, fear, diffidence, frustration, hurt... and how to deal with them effectively and creatively through interaction, meditation and group dynamics.

All Are Welcome

Visit us at

www.swamisukhabodhananda.org

For Registration Contacts:

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