



# 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](http://www.swamisukhabodhananda.org)**

**For Registration Contacts:**

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