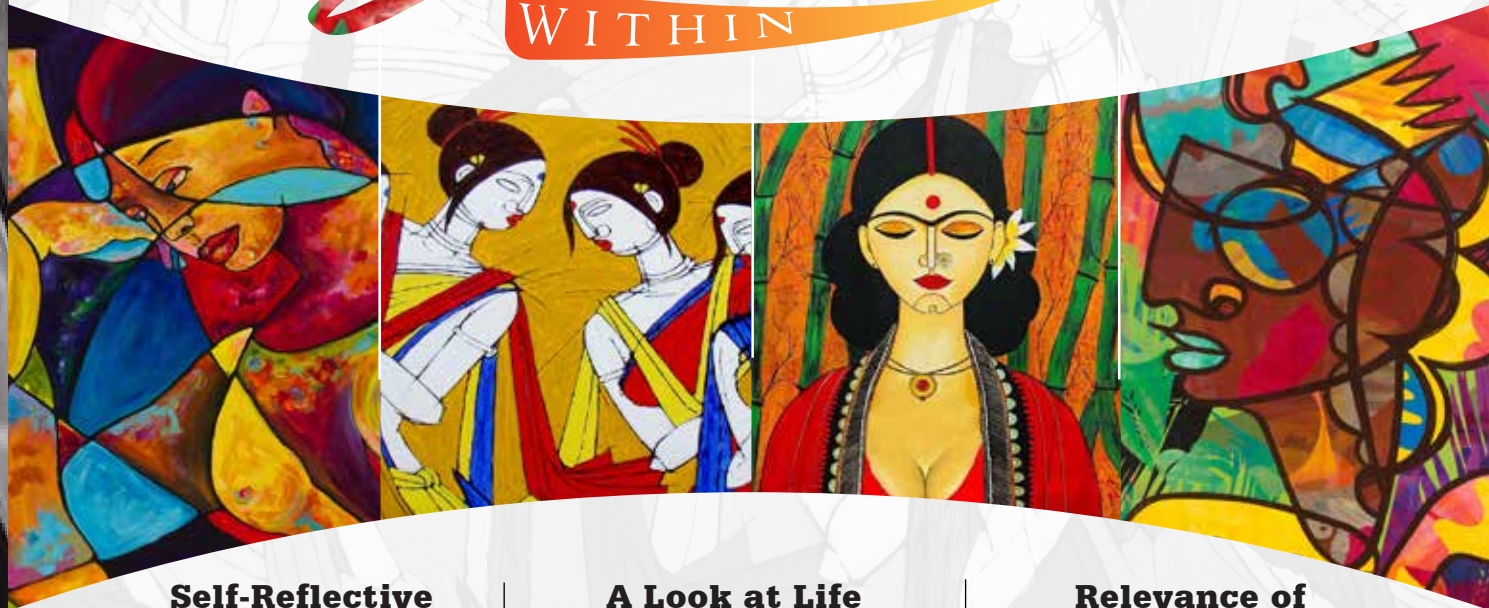




INTRODUCES

# Shakti

WITHIN



**Self-Reflective  
Engagement Using  
The Puranas**

**A Look at Life  
Through The Lens  
of Purna Yoga**

**Relevance of  
The 5 Maha-Shakti's  
in Our Everyday Life**

**25th WEDNESDAY NOVEMBER 2020**

**10 AM TO 5 PM**

**VIRTUAL WORKSHOP**





INTRODUCES

# Shakti WITHIN

## RELEVANCE OF THE 5 MAHA-SHAKTI'S IN OUR EVERYDAY LIFE

**‘Shakti Within’** is being offered by The Bridge and Pūrnam to kindle the curiosity of the participants in self-reflectively delving deeper into their own psyches and understanding themselves better. Participants from any background (above 18 years of age) are welcome. An openness to new learning and perspectives, along with a keenness to look within and be self-reflective are the only prerequisites needed.

Participants are also required to stay for the entire duration of the workshop (10:00 AM - 5:00 PM)



# QUESTIONS ABOUT THE WORKSHOP

## WHY SHOULD I ATTEND?

- Have you ever felt that something is choking you from the inside? If you speak up, you will be judged, or you don't know enough or your thoughts will not be heard ?
- You have created an armour around you that has helped you till now but restricts you showcasing the best of you. How does one let go of the armour without feeling, scared, guilty, and ashamed?
- How can you re-discover yourself and achieve your goals and aspirations? Realise your innate potential and unleash its power.

## WHAT DO I GAIN AT THE END OF THE WORKSHOP?

- Expect to know your fears and how you can engage with them.
- Know the judgments of 'shoulds' and 'must' that bind you and how you can befriend them.
- Get in touch with your friend and dreamer within, and work towards realising your deepest dreams.
- Fears that stop us today are that of the past. How do we let them go and create our own destinies?

# WOMEN AND SOCIETY

Women have a Shakti inside them that is kept hidden because the society is scared of that power and women are told that they need to depend on others for their protection and well-being. How does a woman become confident in her abilities and her voice is one of the aims of this workshop. Society changes through the individual. **Here the parts (individuals) are as important if not more important than the whole (the society), because when the parts come together, they amplify the whole.**



## KNOW YOUR FACILITATORS



**Naveen** is an Environmental Engineer by training but more importantly considers himself a student of Yoga. Over the last 15 years he has been engaged with the questions: *"What does it mean to live meaningfully in today's times?"* and *"How may I offer the best of myself to the Whole?"*. The ongoing journey has been richly rewarding and fulfilling. He is a co-founder of *Ritambhara* and the founder of *Pūrṇam*. His interests include Evolutionary Leadership, Integral Psychology and Process Work. He is particularly keen on working with young change makers and those interested in bridging spirituality and social change. He loves reading, good cinema and spending time in 'nature'.



**Richa Shah** studied Economics at St Stephens College, New Delhi and then completed her Master's in Business Administration from Xavier Institute of Management, Bhubaneswar. She has done a post- graduation in Indian Philosophy and Religion from Banaras Hindu University, Varanasi and is completing her post-graduation in Facilitating Governance Reform from Tata Institute of Social Sciences, Mumbai. She studied a summer program on Gender and conflict from SOAS University, UK. She is the Managing editor of the Children's publishing division at Delhi Press. She is the co-founder of The Bridge- a platform to bring leaders, artists, activists, actors, media and corporate together and through dialogues about policy, politics, society and culture, and create new narratives, perspectives and solutions for gender equality and empowerment in India ([www.thebridge.media](http://www.thebridge.media)) and feels passionately about diversity and equality for men and women in India.

(We would like to acknowledge the body of work done by  
Raghu Ananthanarayanan and Ritambhara in this field of exploration)



# DESIGN OF THE DAY

**10:00 AM**

Introduction by the participants and the facilitators. We talk about Puranas and the importance of stories. Introduction to the specialities of the Mahabharat. An open discussion follows the introduction.

**11:00 AM**

Exploration of the *panchmahabhutas* within us, using music, movement & art.

**12:00 PM**

Introduction to the Five Shaktis- *Maheshwari, Mahakali, Mahalakshmi, Mahasaraswati* and *Mahashakti*.

**1:00-2:00 PM**

Working Lunch

**2:00-4:45 PM**

Exploration of the Five Shaktis within us in our everyday lives, using theatre story-telling and dialogue.

**4:45 PM**

Concluding the Day but not The Journey - This whole exploration is to understand the question of 'How do I become balanced and aligned?' It takes us on the journey of self-realisation, evolution and growth. We look at what the next steps could be.

**5.00 PM**

We invite you to dig deeper and explore with us in this journey.