

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.