

DETAILS

PRACTICAL | INFORMATION

SCHEDULE

Day 1 | Friday (29 March) @ 5-7PM (2H)
Day 2 | Saturday (30 March) @ 10AM-1PM (3H) | lunch | 2-5PM (3H)
Day 3 | Sunday (31 March) @ 10AM-12PM (2H)

LOCATION

ISKCON Abentheuer Goloka Dhama
Böckingstraße 4A
Workshop Room: *To Be Announced*

TUITION

€15 to Cover Costs
(material, refreshments, transport)
To Be Deposited with Gaurahari Prabhu (on the 1st day).

SIGNUP

Pre-Registration Required (*Deadline: Wed. 27 March*)
Enroll By Writing To info@soul-lab.com with Your Name & Email
with the Subject Heading “*Spiritual Recharge @ Goloka Dhama 2019*”

HIGHLIGHTS | WHAT TO EXPECT

EXCELLENCE | A well-organized and structured workshop, guided by an experienced group leader, including short mindfulness meditations and *kirtan* during session openings, and regular breaks with light refreshments at hourly intervals.

COMPANIONSHIP | An enlivening and compassionate experience of community, the chance to connect with fellow practitioners on a personal level by sharing constructive reflections with authenticity in a healthy environment for deepening your Krishna consciousness.

MATURITY | A holistic approach where we honor the divine as well as the humane, with a mature sense of excitement, optimism and confidence about the spiritual journey, in an environment of warmth and care where you feel safe and respected.

RENEWAL | Learning incredibly insightful information and eliminating misunderstandings, offering an ideal chance for introspection and in-depth thinking about your spiritual life, and a chance to get in touch with uplifting, healing states (*sattva*) and divine inspiration from Krishna.

ADDITIONAL | REMARKS

AUDIENCE | Whether you are a new devotee in need of guidance along the path, an initiated *sadhaka* seeking answers to subtle disturbances and blocks, or a seasoned practitioner in need of some rekindling of hope and deeper change, this workshop will be an empowering experience for you.

OUTCOME | After taking this workshop, you will be able to identify the false ego's basic lies, learn to recognize a distortion even when it feels real, self-correct by connecting with the empowering truth, and learn the principles required for a direct experience of the enlightened perspectives.

REQUIREMENTS | Notebook and pen (or a laptop). A commitment to attend the whole workshop. A curious, open mind, without prejudice about psychological understanding in spiritual work. A sincere desire for the empowerment of your personal transformation and quest for Bhakti.

DISCLAIMER | Issues that seriously interfere with your energy level, thinking ability, or experience of reality require direct clinical help. Deeper traumas, chronic depression, panic attacks, addictions, strong victim patterns and mental-emotional disorders belong more properly to the area of therapy and are outside of the scope of this workshop.

SPIRITUAL RECHARGE WORKSHOP