

HARMONY

A workshop on positive interpersonal emotions based on Yogic psychology

Have you ever thought of having more harmony with people around you? If yes, this workshop is for you !

The workshop will help participants look at some common barriers to positive interpersonal relationships and how to remove them, from a Yogic psychology perspective for cultivating more harmonious relationships.

When: 18th January, 2020

Registration fee: 500/- (Limited seats), last date for registration: 15th January, 2020

To register, send an email to:

nimhans.wellbeing@gmail.com & copy to
vipra.nimhans@gmail.com

Venue: NIMHANS Center for Wellbeing (NCWB)
1/8, 9th Main, 1st Phase, 1st Stage, BTM Layout,
Bengaluru. Phone: 080-26685948/ 9480829670