

# THERE IS NO APP FOR THIS



## DE-STRESS & ENERGIZE

### Stress Management Interactive Workshop with Ragi Kadirgamar

Saturday 25th February 3-5pm

Thursday 2nd March 6.30pm to 8.30pm

2 day-Workshop 4,500 Rs. (or 2,500 Rs. per Session) including study material  
Seniors (60+) Discounted Rates 2,800 (or 1,500 Rs. per session)

This workshop offers an effective 'tool kit' for managing and overcoming stress, with quick fix techniques 3-20 minutes, medium and longer term strategies techniques can be used at home, at work, or even on the move, covering the source and causes of stress. We aim to understand the mental, emotional, physical, energetic and environmental causes of our stress and energy imbalances. Teachings are based on meditation, yoga, psychology, eastern spiritual teachings, and scientific & medical research.

You will be guided to experience the benefits on how to develop a personal stress management program. through discussion, easy exercises, and study material. Participants can practice the techniques over 5 days in-between the two sessions to experience the benefits, and find ways to easily integrate these into their daily lives. The workshop is designed to cater to all ages.

Participants are requested to enrol at least 3 days before the workshop starts so that they can receive some study material by email. It is recommended to attend both workshops to directly experience the full benefits, however participants are also welcome for only one session.



*Ragi shares only what he has personally experienced and benefitted from, through overcoming various life challenges over 50 years, and continues to learn from wonderful teachers as he travels and shares. The techniques in the De-stress & Energize Workshop have been shared with people in 6 countries in Asia and Europe from various walks of life over the last 6 years. He encourages people to draw from their own unique experience and inner knowledge, finding solutions that work for them, towards a more peaceful, joyful and fulfilling daily life.*

**For info and booking contact 268 4808 or 076 557 5556**

and email Ragi to receive study material [ragi\\_infinity@yahoo.com](mailto:ragi_infinity@yahoo.com)

[www.raghavanadvaita.wordpress.com](http://www.raghavanadvaita.wordpress.com)

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