



- JUST BE -

*The Secrets of Mind & Consciousness*

*14 - 16 February 2025*



INTERNATIONAL WOMEN'S  
CONFERENCE

A collection of hibiscus flowers in various colors including pink, light pink, and white, with green buds and stems. The flowers are arranged in a way that some are in the foreground and others are slightly behind, creating a sense of depth.

- JUST BE -

*Just Be*

*True joy is going beyond your identity*

*Real rest is going beyond your desires*

*Mature love is feeling the oneness*

*Relax... and Just Be.*

*Events are transitory*

*Pick up the wisdom and be free.*

*- Gurudev Sri Sri Ravi Shankar*



# CHAIRPERSON'S NOTE

JUST BE - *The Secrets of Mind & Consciousness*

**H**ealth is our greatest wealth - both physical and mental.

Gurudev Sri Sri Ravi Shankar says, "A strong mind can carry a weak body, but a weak mind cannot carry even a strong body". Mental well-being is the basis for happiness, prosperity, and success in our lives.

However, every day we collect stresses, we are bombarded with impressions that consistently colour our mind, we are racing between planning for the future or worrying about the past – anxiety and regret, we are shaken by the ups and downs that we face relentlessly.

Amidst such a storm of activity, emotions, achievements, and failures how can we manage to keep our mind balanced, calm, clear, centered – in a state of dynamic serenity?



The exploration of the nature of the mind opens doors to its secrets and reveals ways to harness its powers. The deliberations during these three days will take us on several journeys of self-exploration where we will come to understand ourselves better and learn ways to have a say over our mind.

The beautiful Hibiscus flower is synonymous to good health and is the chosen flower for this conference. It has innumerable medicinal properties. Further, this flower blossoms throughout the year. Our mind, however, is often subject to mood-swings and as a result is happy seasonally, subject to many conditions.

Together let us move from strength to greater strength, from a space of wanting happiness to giving happiness, from winning the world to winning over our own mind. Our own mind creates our world. Let us take care of our mind.

*“If you can win over your mind, you can win over the whole world.” – Gurudev Sri Sri Ravi Shankar*

*Bhanumathi N arasimhan,  
Chairperson, International Womens Conference*







# Day One

## SKY BREATH WORKSHOP OR \*SRI SRI YOGA SIGNATURE CLASS

Discover how to make happiness our nature through this three day - two hour workshop with time-tested and powerful techniques.

### **INAUGURAL SESSION** - *Mind over Matter – If you don't mind, it doesn't matter!*

The quality of our life is determined by the state of our mind. When we do not know the mechanics of the mind and its influence on life, it becomes hard to manage . Being better aware of our own mind helps us to understand life and its dynamics better. In this session, our distinguished speakers will share precious life lessons on Mind Management.

### **PANEL DISCUSSION** - *Are you bound to be free?*

Every day, through sight, hearing and the other senses, we collect impressions that colour our perception of life. Do these impressions free our mind or bind us further into limited points of view? How do we come out of such conditioning? How do we play our part effectively? Speakers will share their life-experiences of broadening their vision and being 100% in their role bringing them both fulfilment and true success.

## INAUGURATION OF EXHIBITION

### **THE POWER OF SOUND & THE GIFT OF SILENCE (SAHAJ SAMADHI MEDITATION)**

A three day-one hour experiential program with techniques for deep meditation with the help of powerful sound vibrations.

### **SITA CHARITAM -- A Musical Ballet**

### **\*SRI SRI YOGA SIGNATURE CLASS:**

*If have attended the prior workshops or you're interested, this could be a great way to deepen your practice.*



## *Day Two*

### **SKY BREATH WORKSHOP OR \*SRI SRI YOGA SIGNATURE CLASS**

#### **SESSION 1**

*The Eternal Game – Do I play to win?*

In life events rise like waves in the ocean. Whether we ride the wave, swim beneath, get washed ashore, or pulled in deep – every experience has a lesson to teach. Winning here is time-bound but the game is unending. The player whose enthusiasm never diminishes is the winner. Speakers will share insights on how they moved through the ups and downs of life without giving up and the mindset towards failure or loss that helped them move beyond both.

#### **SESSION 2 - 'Cultivables' – Nurturing the Seeds of Human Values**

Values like friendliness, compassion, caring and sharing must be nurtured in young minds. Skills to deal with our emotions need to be imparted. Speakers will unveil the holy grail of value education that empowers youth to become pillars of our society.

#### **GUIDED MEDITATION**

*Dynamic Serenity*

#### **SESSION 3 -Influencer - the New Leader?**

What are the parameters that determine how much we influence another person and how much we are influenced in turn. Every leader is an influencer, but is every influencer a leader? Uncover the new paradigm for followers.

#### **WORKSHOP - Food Matters**

This session explores the impact of food and diet on the state of our mind.

#### **THE POWER OF SOUND & THE GIFT OF SILENCE (SAHAJ SAMADHI MEDITATION)**

A three day-one hour experiential program with techniques for deep meditation with the help of powerful sound vibrations.

#### **A DIALOGUE WITH GURUDEV SRI SRI RAVI SHANKAR**

*'Mind' to 'No Mind'*



## *Day Three*

### **SKY BREATH WORKSHOP OR \*SRI SRI YOGA SIGNATURE CLASS**

#### **PANEL DISCUSSION**

*Never Mind, Its Never the Mind!*

How do we walk the pathless path? How do we know the unknowable? How do we wake up from reality? Is there a practical approach to living a mystical life? Stretching our minds towards higher dimensions of our own existence, the deeper secrets of the universe may be revealed.

#### **CIRCLE OF WISDOM**

*A Conversation across Time*

#### **WORKSHOP - The Cosmic Connection**

An interactive session introducing the delegates to the impact of planets on the mind .

#### **ANCIENT SECRETS TO HOLISTIC HEALTH**

*An Introduction to Ayurveda*

#### **THE VALEDICTORY SESSION**

#### **THE POWER OF SOUND & THE GIFT OF SILENCE (SAHAJ SAMADHI MEDITATION)**

A three day-one hour experiential program with techniques for deep meditation with the help of powerful sound vibrations.

#### **INTERNATIONAL FOOD FESTIVAL**

#### **FASHION SHOW**

#### **\*SRI SRI YOGA SIGNATURE CLASS:**

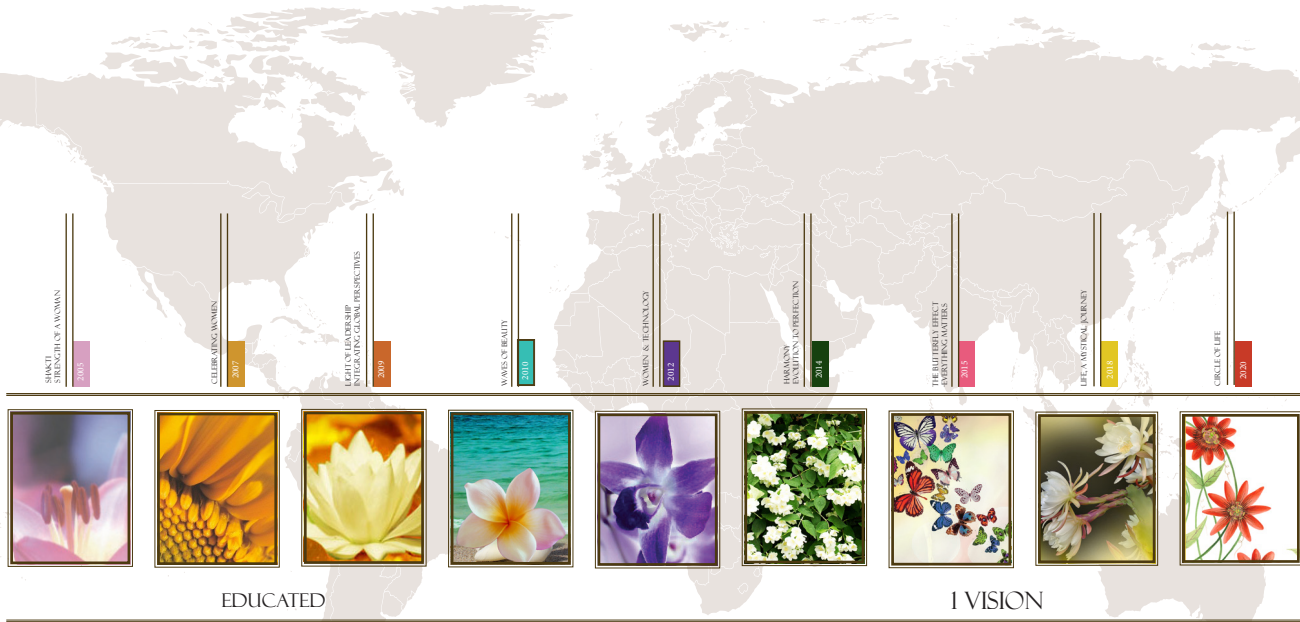
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# INTERNATIONAL WOMEN'S CONFERENCE



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