



Teras 360

RETURN TO SELF

A workshop that takes you on an adventurous and insightful journey into yourself.

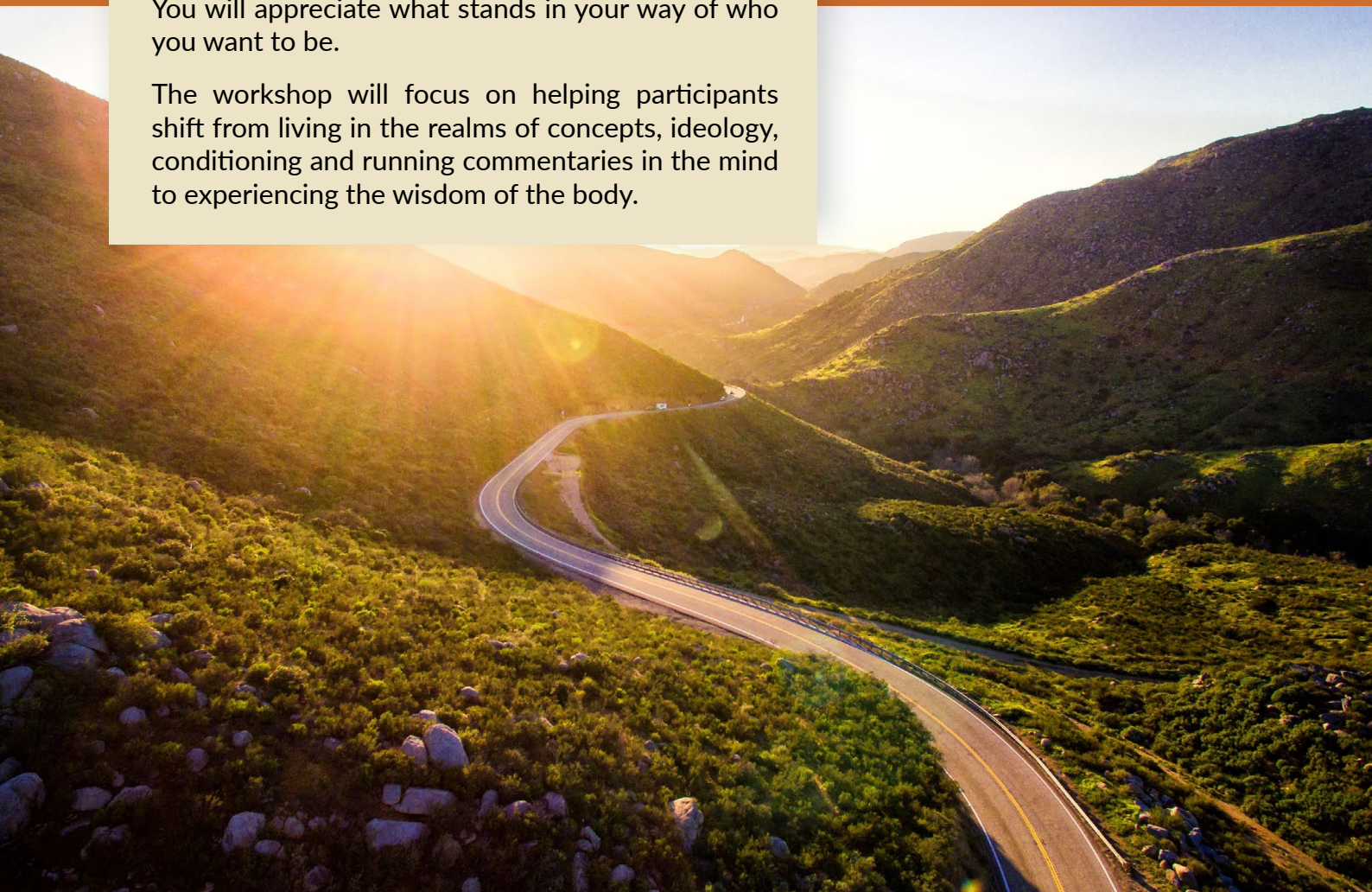
You are invited to an immersive experiential workshop which will pleasantly surprise you with its evocative combination of body awareness and metaphoric exercises, artwork, drama, dialogue, journaling, meditative practices, individual and group activities.

Your life is the most precious gift you have and your life's experiences happen, not outside of you, but in your body. Through the workshop, you will gain a new sensitivity to your body's voices and, thus, facilitate an increased intimacy with your life and yourself. You will attain clarity about yourself, the life you are leading and the relationships you are having. You will appreciate what stands in your way of who you want to be.

The workshop will focus on helping participants shift from living in the realms of concepts, ideology, conditioning and running commentaries in the mind to experiencing the wisdom of the body.

“ Intelligence is present everywhere in our bodies... and our own inner intelligence is far superior to any we can try to substitute from the outside. ”

- Deepak Chopra



WORKSHOP OUTCOMES

The workshop has been designed to open doorways to your psyche and take you on a therapeutic, insightful, transforming and creative journey through which you will:

- Liberate yourself from limiting lifelong patterns and widen your horizon in terms of possibilities
- Become aware of the beliefs you have about your body and how these can alienate it, influence your behaviours and affect your relationships
- Surprise yourself at the courage you will display to go beyond your physical and psychological edges
- Release the child within you to discover, express, play and be joyous
- Get clarity about what truly suits you and what needs are imperative for you
- Transform your self-concepts and experience greater self-worth
- Fully inhabit your body and use its intimations as your guide and friend.

Come! Embark on an exhilarating and liberating journey from estrangement to integration. Journey beyond who you currently are and claim your expansive self. Take delight in a self that is more alive, powerful and wise in a workshop ambiance of adventure, new challenges, camaraderie and joy.

“ I learnt that knowledge, not yet in my mind, was in my body.”

- Ellen Goldman,
Laban Bartenieff
Institute of Move
Studies

“There is more wisdom
in your body than in
your deepest philosophy.”

- Friedrich Nietzsche



PARTICIPANTS' EXPERIENCES

“The workshop led me, challenged me to connect with myself through my body. It was a continual learning process that will spill over into my life. I have done the workshop before. This time it was different with other revelations. I would certainly do it again.”

- Nauseer Hamid

“A new me has come alive. I now have the discipline and power to lead an energetic life. The workshop shook me out of the routine complacency to experience the here and now. It opened up the doors and windows that did not exist before. I am walking out of the workshop as a single entity rather than being split. Thank you for unifying me. I love the current that is running through me.”

- Deepti

“I felt myself ridding myself first of my notions, then my inhibitions, and finally my life long patterns of perception and practice, that had so insidiously crept up on me that I had begun to believe they were me. With every passing segment of the workshop, a new door opened. Either in isolation or with a partner or as a group, we were pushed inexorably to a new level of self-awareness, a refreshed sensibility and another state of being. I realised I was being drawn out of myself. I also realised I would be best served if I let go. For strangely, I did feel safe to do so.”

- Aporup

“There is deep wisdom within our flesh, if we can only come to our senses and feel it.”

- Elisabeth A. Behnke



LOGISTICS



Thursday **11th** May to Sunday **14th** May 2023



Thursday (Day 1):	5.00pm to 7.30pm
Friday (Day 2):	9.00am to 7.00pm
Saturday (Day 3):	9.00am to 7.00pm
Sunday (Day 4):	9.00am to 6.00pm





Fireflies Intercultural Centre, Dinnepalaya, Kaggalipura (P), Kanakapura Main Raod, Bangalore - 560082.



Rs. 25,000 - Inclusive of 3 nights stay with single occupancy accommodation, breakfast, lunch, dinner and two tea/coffee breaks each day



To know more, please message us at:

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Please note:

The number of participants for the workshop will be limited to 20.

There will be an interview and selection process to determine the suitability of the applicants for the workshop. This is to ensure that participants will be able to cope with the psychological and physical rigours of the workshop.



FACILITATORS



Santha Kumar

As a Leadership/Transformational coach and seasoned trainer, Santha partners with his clients to unleash their potential and bring out the very best in them.

He enables them to bridge the gaps between where they presently are and where their immense potential can lead them to, who they currently are and who they aspire to become. He supports his clients to stretch themselves and spark their growth and learning. The journey is usually a transformational one which is designed to achieve high impact.

Santha is a qualified US-trained psychotherapist who has been a guide and collaborator to adult clients during their journeys of personal growth in the US, Singapore and India.

Prior to reinventing himself as a psychotherapist and coach, Santha was the Regional CEO for a US Informational Technology multinational with responsibility for much of Asia. Previous to this role, Santha was CEO of NCR Malaysia.



Sophie Christopher

She is a psychotherapist who is experienced in the field of psychodrama and supports her clients in various countries such as India, Canada, Australia, USA and elsewhere to

achieve wellbeing, integration and wholeness.

Sophie is a fellow at Sumedhas Academy for Human Context and has facilitated labs and group processes. She has also coached entrepreneurs and corporate individuals.

She has worked with several Textile Design Houses as a designer. Moreover, she has exhibited her contemporary tapestry creations at Seven Art Ltd. New Delhi, Bose Pacia, Kolkata, 8th European Patchwork Meet at Alsace, France, Contemporary Textile Art in New Delhi, Arts as Therapy, Japan, Time & Space Gallery, Bangalore, Kynkyny Art Gallery, Bangalore.

Sophie has a Master's Degree in Painting and Sculpture from Madras University and a Master's Degree in Industrial Design from National Institute of Design (NID), Ahmedabad.

