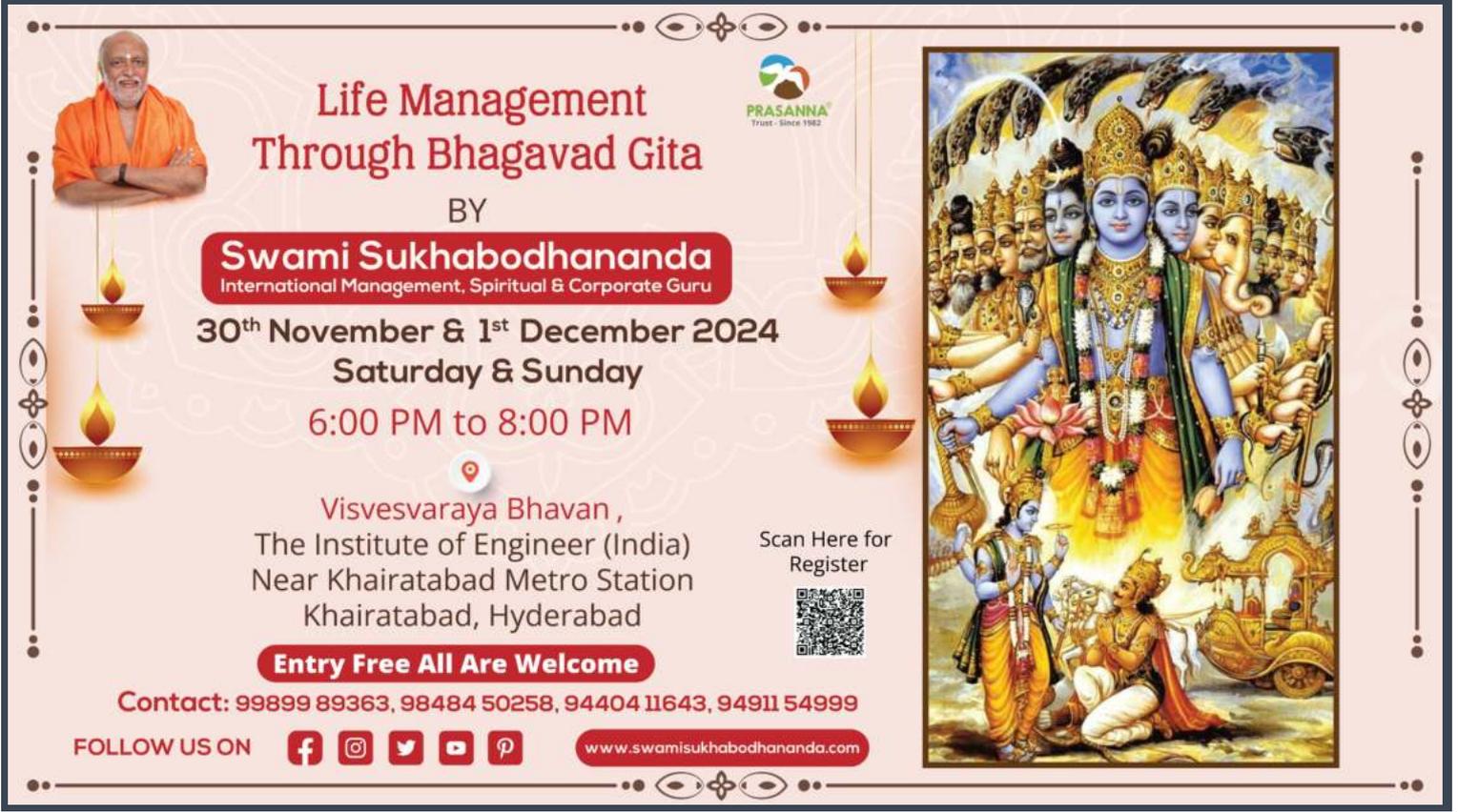


VOL 1/ISSUE 6 PART 2/NOVEMBER 2024

### Upcoming Event

**In-Person Life Management Through Bhagavad Gita - talk  
@ Hyderabad on 30<sup>th</sup> Nov & 1<sup>st</sup> Dec (Saturday and Sunday)**



The poster features a central illustration of Lord Krishna and Arjuna from the Bhagavad Gita. Krishna is depicted with four arms, holding a conch shell, a discus, a bow, and an arrow. Arjuna is kneeling in front of him, holding a bow. The background is a golden, ornate setting with other deities and a chariot. The text is arranged around this central image, providing details about the event.

**Life Management  
Through Bhagavad Gita**

BY  
**Swami Sukhabodhananda**  
International Management, Spiritual & Corporate Guru

**30<sup>th</sup> November & 1<sup>st</sup> December 2024**  
**Saturday & Sunday**  
**6:00 PM to 8:00 PM**

Visvesvaraya Bhavan,  
The Institute of Engineer (India)  
Near Khairatabad Metro Station  
Khairatabad, Hyderabad

Entry Free All Are Welcome

Contact: 99899 89363, 98484 50258, 94404 11643, 94911 54999

FOLLOW US ON      [www.swamisukhabodhananda.com](http://www.swamisukhabodhananda.com)

Scan Here for Register 

Join Swamiji for a transformative Life Management sessions based on the timeless wisdom of the Bhagavad Gita, happening on November 30th and December 1st (Saturday and Sunday) from 6 PM to 8 PM. Swamiji will delve into how the teachings of the Gita provide practical guidance for navigating life's challenges, managing stress, and achieving inner peace.

This two-day talk is an invaluable opportunity to learn powerful tools for balancing your mind, body, and spirit. Discover how the Gita's profound insights can empower you to live with purpose, clarity, and resilience in today's fast-paced world. Don't miss the chance to be with swamiji in these 2 days

**"Embrace the wisdom of the Bhagavad Gita to navigate life's challenges with balance, clarity, and inner peace."**

- Swami Sukhabodhananda

## Upcoming Event

# In-Person Spiritual Retreat Mahabaleshwar Yatra (E-LAB) with Swamiji 2025

### From February 6<sup>th</sup> to 8<sup>th</sup>, 2025 (Thursday to Saturday)



This year, we spent three sacred days with Swamiji in Rishikesh, where the Ganges and mountains inspired deep transformation. Next year, Swamiji invites us to Mahabaleshwar from February 6th to 8th, 2025, to once again immerse ourselves in nature's beauty and deepen our spiritual journey.

**The following processes are the highlights in E-Lab that will free the inner child with all the freedom and maturity to thrive in life.**

- Atma Pooja
- Death Process
- Rebirth Process

**For a quality living, one needs the following cleansing**

- Sharira Shuddhi – Cleansing the body.
- Vak Shuddhi – Purifying speech.
- Vichara Shuddhi – Purification of thoughts.
- Bhava Shuddhi – Purification of emotions.
- Atma Shuddhi – Purifying the intensions itself

This retreat addresses all, mainly focusing on **Bhava Shuddhi and Atma Shuddhi**. Join with swamiji on this transformative journey to rediscover inner freedom and spiritual harmony in the serene beauty of Mahabaleshwar.

**"In the stillness of nature and the Divine, we awaken to our true essence and transform within."**

# Upcoming Event

## Gita Jayanti Online Utsav 2024

### From 28<sup>th</sup> Novemeber to 11<sup>th</sup> December

### Gita Jayanti Online Utsav-2024

with Swami Sukhabodhananda

- A True Celebration with Teachings of Lord Krishna.  
Immerse in Bhagavad Gita for 13 days.

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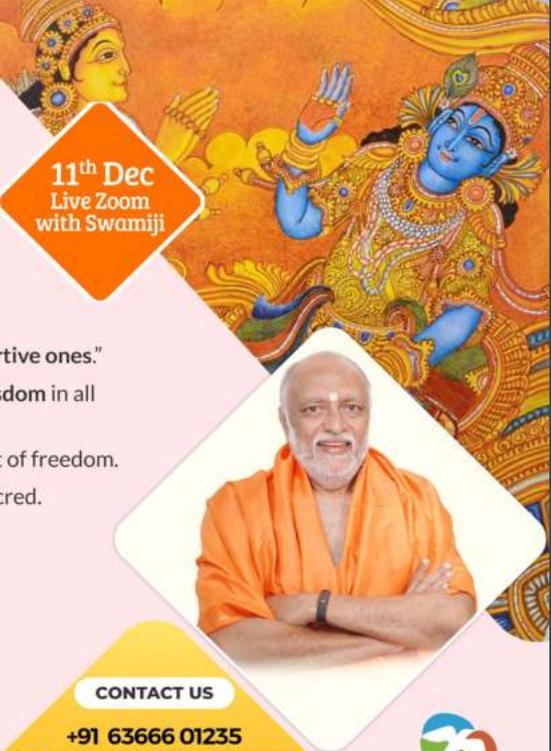
Find The Gita Way From Chapters 1 to 12

- Understand, Release & Transform Sorrow in all walks of Life.
- How to Find oneself rather than getting lost in the activities.
- Mastering your thoughts - Transforming "Interfering ones to the Supportive ones."
- Creating Psychological lightness by applying Knowledge & Creating Wisdom in all walks of life.
- Experiencing the actuality of "Freedom" rather than being in the concept of freedom.
- Transforming the Social, Family & Spiritual centers from sensuous to sacred.

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28<sup>th</sup> Nov, Thursday to 10<sup>th</sup> Dec, Tuesday - 2024  
Each Day You Receive 1 Chapter in Video (45mins - 1 hr)  
(6 Weeks Video Access)

11<sup>th</sup> Dec 2024, Wednesday 6:30 AM to 8:00 AM - Live Zoom with Swamiji



11<sup>th</sup> Dec  
Live Zoom  
with Swamiji

CONTACT US

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99017 77003 | 95135 60104  
support@prasannatrust.com  
www.swamisukhabodhananda.com



Celebrate Gita Jayanti 2024 with Swami Sukhabodhananda in a unique and enlightening online Utsav from November 28th to December 10th. During these 13 days, a new video will be released each day, offering a deep dive into one chapter of the Bhagavad Gita. Swamiji will guide you through the profound wisdom of the Gita, providing valuable insights on how to apply its teachings in your daily life for greater peace, clarity, and purpose.

On December 11th, join Swamiji live on Zoom for an interactive 1-hour session from 6:30 AM to 8:00 AM. This special live session will offer a chance to connect with Swamiji directly, ask questions, and receive personalized guidance on how to integrate the Gita's teachings into your journey. Don't miss this opportunity to experience the transformative power of the Bhagavad Gita and deepen your spiritual understanding.

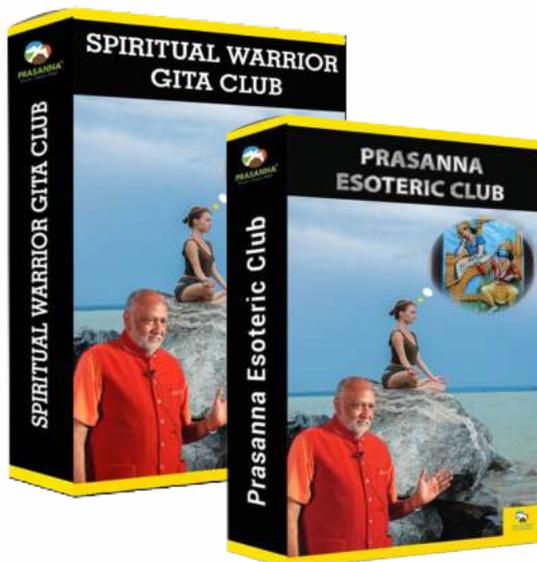
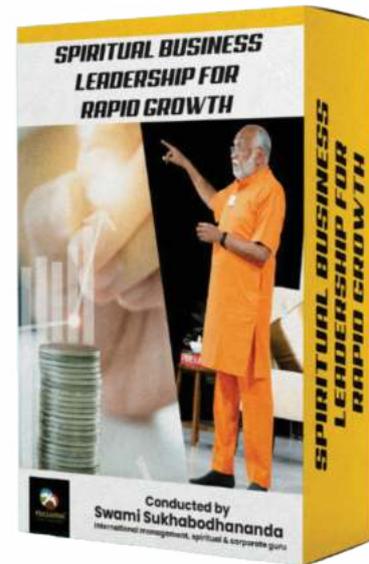
**"Embrace the timeless wisdom of the Bhagavad Gita with Swamiji for a journey toward inner peace and clarity."**

# Swamiji's Online Courses

## 1:1 Mentoring / CXO

**Age: 12+**

Swamiji's Mentoring/CXO Program provides personalized 1-on-1 coaching and weekly group sessions, offering online guidance to uncover blind spots behind poor decisions. This program helps you grow holistically, focusing on physical, emotional, and spiritual wellness.



## Gita sessions - PEC / SWGC

**Age: 16+**

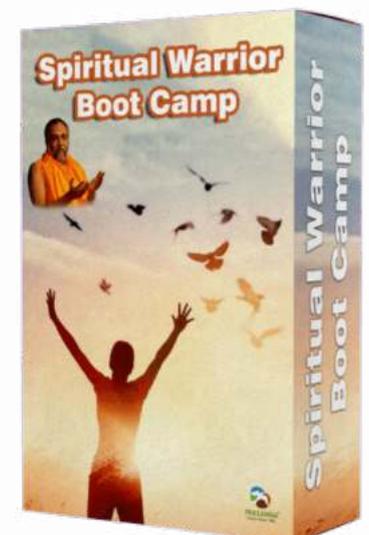
Swami Sukhabodhananda Ji's Gita sessions through PEC/SWGC provide deep wisdom from the Bhagavad Gita, equipping participants with practical tools to face life's challenges, improve decision-making, and nurture emotional and spiritual growth, instilling clarity, confidence, and a sense of purpose.

## Spiritual warrior Bootcamp Age: 12+

**Course starts in every 2 weeks**

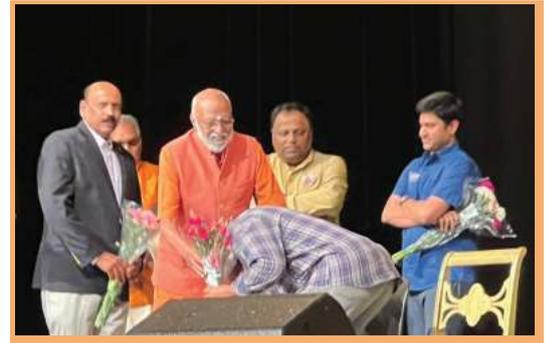
**Next start date: 9<sup>th</sup> december 2024**

Swami Sukhabodhananda Ji's Spiritual Warrior Bootcamp delivers transformative teachings and practical tools, enabling participants to tackle life's challenges with courage, resilience, and inner strength. It promotes personal growth, emotional balance, and spiritual wellness, empowering them with clarity, confidence, and purpose.



## Recent Event

# Swamiji's In-Person Workshop



Swamiji Soulfully addressed the inner conflicts many face, likening them to battles of the heart and mind, and offered tools to overcome them.

### **Many Indians living abroad face these challenges:**

- conflict of being unable to support aging parents in India when they need it most.
- The cultural conflict that arises as children grow up in the USA
- Relationship issues
- Struggles with job pressures and uncertainties related to immigration status.

People discovered the key to unlocking their challenges with harmony and balance after the workshop, leaving with a renewed sense of hope and strength to navigate their paths forward.

### **Venues Where Swamiji's In-Person Workshops Happened**

- Memphis, TN
- Fairfax/Herndon, VA
- Bridgewater, NJ
- Frisco/Dallas, TX
- Bay Area, CA

**"Swamiji's in-person workshops inspired growth and left a lasting impact."**