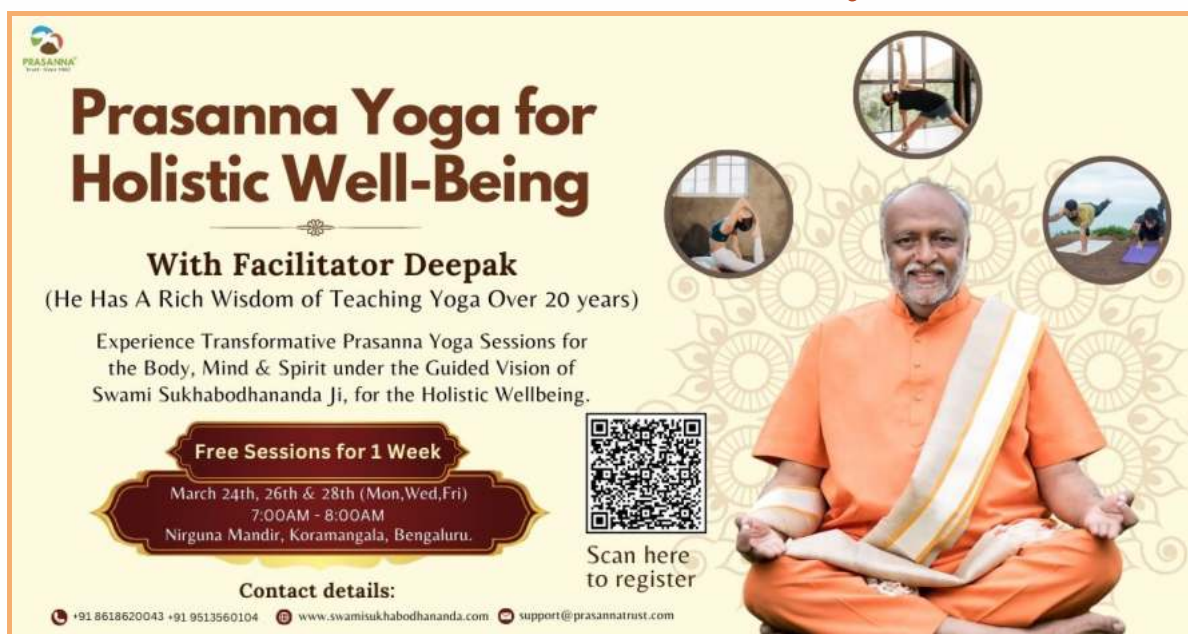


VOL 1/ISSUE 10 PART 2/MARCH 2025

### Upcoming Events - In Person

## Prasanna Yoga for Holistic Well-Being A Transformative Journey Awaits!



**Prasanna Yoga for Holistic Well-Being**

**With Facilitator Deepak**  
(He Has A Rich Wisdom of Teaching Yoga Over 20 years)

Experience Transformative Prasanna Yoga Sessions for the Body, Mind & Spirit under the Guided Vision of Swami Sukhabodhananda Ji, for the Holistic Wellbeing.

**Free Sessions for 1 Week**  
March 24th, 26th & 28th (Mon, Wed, Fri)  
7:00AM - 8:00AM  
Nirguna Mandir, Koramangala, Bengaluru.

**Contact details:**  
+91 8618620043 +91 9513560104 | www.swamisukhabodhananda.com | support@prasannatrust.com

Scan here to register

Prasanna Trust invites you to embark on a rejuvenating journey through Prasanna Yoga for Holistic Well-Being, a specially curated yoga program designed to bring harmony to your body, mind, and spirit.


Guided by Facilitator Deepak, a yoga expert with over 20 years of teaching experience, and inspired by the vision of Swami Sukhabodhananda Ji, these sessions will help you cultivate inner peace, balance, and vitality. Whether you are a beginner or an experienced practitioner, this program will provide valuable insights and techniques to enhance your well-being.

**The free yoga sessions will take place on March 24th, 26th, and 28th at Nirguna Mandir, Koramangala, Bengaluru, from 7:00 AM to 8:00 AM.**

Join us and immerse yourself in the transformative power of yoga, strengthen your connection with yourself, and awaken a sense of holistic well-being.

**Yoga is not just about flexibility of the body, but the expansion of consciousness and the harmony of the soul.**

## Free In-Person Workshop @ Nirguna Mandir 19th April 2025, Saturday from 2:00 PM to 6:00 PM



**70<sup>th</sup> Birthday Celebration Of  
Swami Sukhabodhananda Ji**

**On this Eve - A Free Workshop On  
Creative & Wise Living Through Spirituality**



**OUTCOME**

1. Clarity and Purposeful Living
2. Harmonised Relationships
3. Stress Resilience and Inner Balance
4. Enhanced Communication and Conflict Resolution
5. Cultivation of Creativity and Innovation

**ENTRY  
FREE  
All are Welcome**

**April 19<sup>th</sup> Saturday, 2025**

**2:00 PM to 6:00 PM - Swamiji's 4 hour workshop**  
**7:30 PM to 9:00 PM Swamiji's Birthday Celebration  
Followed by Dinner**

**Nirguna Mandir, Koramangala, Bengaluru - 560047**



**SCAN HERE TO REGISTER**

[support@prasannatrust.com](mailto:support@prasannatrust.com) [www.swamisukhabodhananda.com](http://www.swamisukhabodhananda.com) [+91 63666 01235](tel:+916366601235), [+91 91080 70452](tel:+919108070452), [+91 99017 77003](tel:+919901777003)

We are delighted to invite you to a special occasion—the 70th Birthday Celebration of Swami Sukhabodhananda ji! To mark this milestone, a free workshop on "Creative & Wise Living Through Spirituality" will be conducted, offering valuable insights into leading a balanced and fulfilling life. This event will take place on April 19th, 2025 (Saturday), at Nirguna Mandir, Koramangala, Bengaluru. The workshop will run from 2:00 PM to 6:00 PM, followed by Swamiji's birthday celebration and dinner from 7:30 PM to 9:00 PM.

Join this inspiring workshop and celebrate the life and teachings of Swami Sukhabodhananda ji. Entry is completely free, and all are encouraged to participate. Let us come together for an evening of wisdom, joy, and celebration.

**Wisdom is to live in tune with life. When we embrace acceptance and awareness, life unfolds with grace.**



## Swamiji's USA In-Person Workshops Schedule



### BAY AREA, CA

#### LOCATION

**SEWA International Bay Area, 691 S Milpitas Blvd, Milpitas, CA 95035**

#### DATE & TIME

**26th April, Saturday 2025  
2:30PM to 7:00PM (PST)**

### MORRISVILLE, NC

#### LOCATION

**Learning Center 1 & 2 Hindu society of North Carolina (HSNC), 309 Aviation Parkway, Morrisville NC 27560**

#### DATE & TIME

**17th May, Saturday 2025  
03:30 PM to 08:00 PM (EST)**



### SWAMIJI'S PREVIOUS VISIT TO USA



**STERLING, VA**



**BAY AREA, CA**



**BRIDGEWATER, NJ**



**All the events are listed in swamiji's website for more information**

**ALL ARE WELCOME TO JOIN SWAMIJI'S IN-PERSON WORKSHOP**

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## Recent Events - In Person

### **A Transformative Retreat at Mahabaleshwar: A Resounding Success!**



Swamiji recently led a deeply enriching Elab retreat in the serene embrace of Mahabaleshwar from February 6th to 8th, 2025. This sacred gathering provided a rare opportunity for participants to embark on a profound spiritual journey, strengthen their connection with the divine, and discover true inner harmony.

Surrounded by nature's tranquility, attendees immersed themselves in a journey of self-discovery and spiritual awakening. Through Swamiji's insightful discourses, guided meditation sessions, and reflective practices, the retreat created a space for deep healing and inner transformation. Each session was designed to help participants cultivate clarity, inner peace, and a profound sense of harmony with the divine.

The retreat was a resounding success, leaving everyone uplifted and inspired. Many participants shared that the experience brought them a newfound sense of balance, emotional freedom, and spiritual connection. The serene atmosphere of Mahabaleshwar further enhanced the journey, making it a truly unforgettable experience.



## "Creative & Wise Living Through Spirituality" – A Transformative Workshop in Mumbai



On 1st March 2025, Mumbai hosted an inspiring and insightful workshop by Swami Sukhabodhananda ji, "Creative & Wise Living Through Spirituality." This transformative session guided participants on how to align creativity with wisdom through the power of spirituality, helping them navigate life with greater clarity, balance, and purpose.

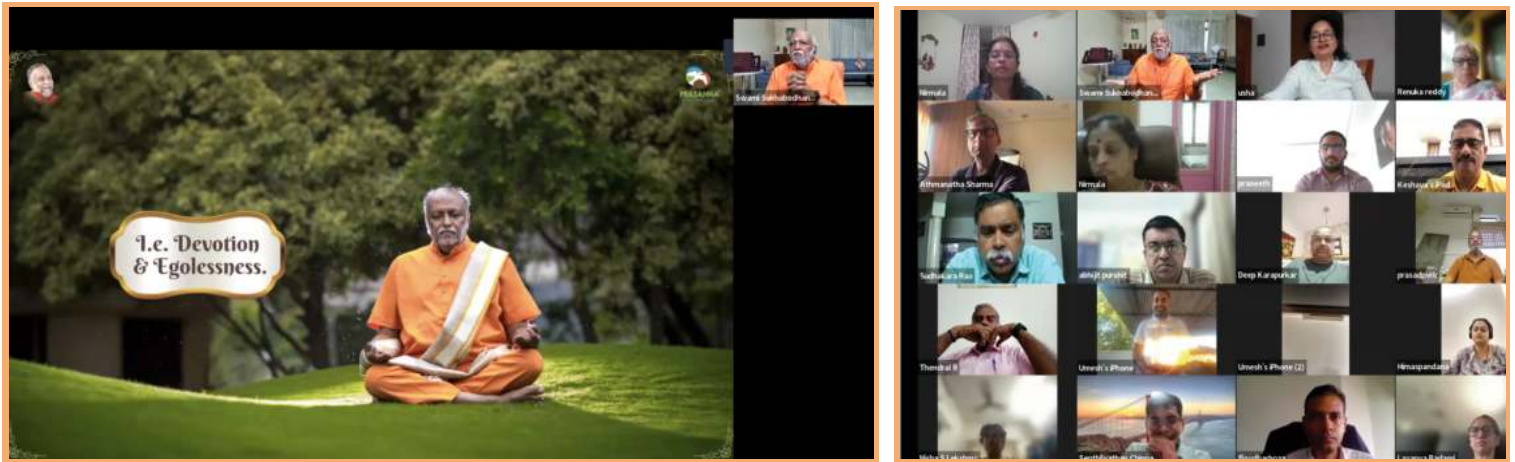
Attendees embarked on a journey of self-discovery, gaining valuable insights and practical tools for mindful living. Swamiji's profound wisdom, engaging discussions, and interactive sessions created a deeply enriching experience, leaving participants feeling uplifted and empowered.

The overwhelming response and enthusiastic participation made the event a grand success. A special thanks to all attendees and dedicated volunteers who contributed to making this gathering truly memorable. We look forward to welcoming you to more such enlightening experiences in the future!

**Creativity guided by wisdom and spirituality  
leads to clarity, balance, and inner harmony.**

## Recent Events - Online

### **Celebrating a Landmark Event: The 100th CXO Group Session with Swamiji**



On 28th February, we reached a significant milestone with the 100th CXO Group Session, a gathering that has continuously inspired and empowered individuals on their journey toward excellence. Under the guidance of Swamiji, this session brought together industry leaders and homemakers alike, fostering an environment of wisdom, strategic insights, and deep reflection on both personal and professional growth.

This landmark session was more than just a meeting—it was a transformative experience that encouraged participants to embrace clarity, purpose, and balance in their lives. With Swamiji's teachings at the heart of the discussions, attendees gained invaluable perspectives on leadership, decision-making, and the power of mindfulness in today's fast-paced world.

As we celebrate this incredible achievement, we express our heartfelt gratitude to everyone who has been a part of this journey. Your dedication and participation have made these sessions a beacon of growth and transformation. With renewed enthusiasm, we look forward to many more such enlightening gatherings, continuing to inspire, empower, and uplift countless lives!

**“True leadership is built on wisdom, balance,  
and the power to uplift others.”**

## Shivaratri Online Utsav 2025

### A Divine Celebration of Wisdom and Devotion



Seekers from around the world participated in the Shivaratri Online Utsav 2025, a profound 9-day spiritual journey guided by Poojya Swami Sukhabodhananda Ji. This sacred celebration offered deep insights into the significance of Shivaratri, blending spiritual wisdom, guided meditations, and transformative teachings.

For the first eight days, participants engaged with recorded sessions, allowing them to explore the essence of Lord Shiva at their own pace. These sessions provided an opportunity for reflection, devotion, and inner awakening. The Utsav culminated on February 26th with a live session, where Swamiji shared powerful teachings, inspiring all to embrace devotion, self-discovery, and spiritual rejuvenation.

This divine gathering was a deeply enriching experience, bringing together seekers in a shared journey of wisdom and inner transformation. We extend our heartfelt gratitude to everyone who joined this sacred celebration. May the blessings of Lord Shiva continue to guide us on the path of truth, peace, and spiritual awakening.

**Shivaratri is not just a night of worship but where devotion meets wisdom and the soul finds its true light**



## Swamiji's Online Courses

### 1:1 Mentoring / CXO

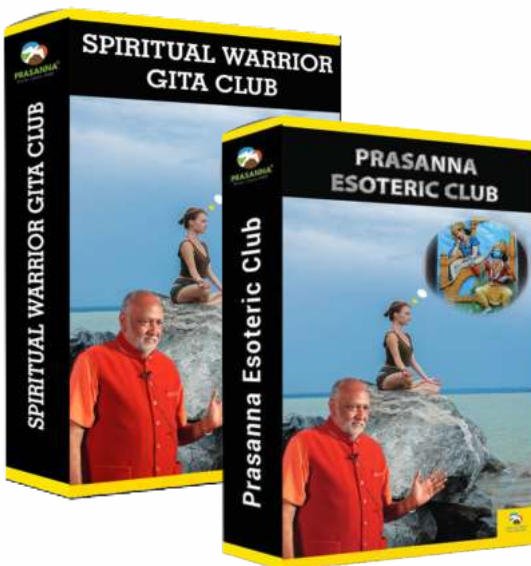
Age: 12+

#### what you get:

- Swamiji's 1 on 1 mentoring session.
- Monthly group session.
- Every 2 to 3 months Swamiji's 1 on 1 phone call.



Many corporate companies are currently a part of this mentoring session, and the program is open to everyone, not just corporates.



### 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: 7<sup>th</sup> April 2025

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.

