

An online workshop on 19-23 October  
at 10.00 am - 11.00 am IST

**Today's children are tomorrow's future.** In the quality of their upbringing today lies the quality of our world tomorrow. How then should this upbringing be so that our children grow up to express their full potential? As parents what can we do to ensure that our children blossom into happy, fulfilled individuals in complete alignment with the purpose of their lives?

For parenting to be effective, it should happen not through instruction or influence but through example. As someone said, "Worry not, that children are not listening to you for they are watching you." Conscious Parenting, therefore, is like sadhana itself: A constant practice in self-improvement.

Join us as we embark upon this journey of  
'Decoding Conscious Parenting' with Gitanjali over 5 sessions.

- Session 1 : Pre-natal education
- Session 2 : 0 - 5 years
- Session 3 : Ages 6 - 14 years
- Session 4 : Ages 14 - 18 years
- Session 5 : Adulthood (18 years) and beyond

# Decoding Conscious Parenting

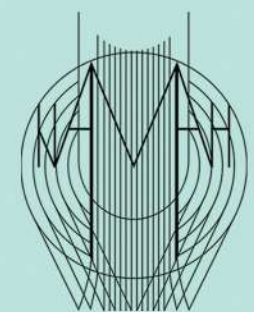
with  
GITANJALI

FACILITATOR



GITANJALI

is a social entrepreneur and educationist. After having founded several business and social ventures, she has set up The Himalayan Institute of Alternatives, Ladakh, as its Founding CEO & Dean. Gitanjali is also founder of *Transformindia.com*, a collective initiative in line with the forces of evolution to build new social, economic and political models in line with India's spirit, ethos and culture. Gitanjali is a spiritual seeker with a deep interest in Indian spirituality. She is a lifelong student of Sri Aurobindo and the Mother, Sanskrit, Vedas & Upanishads and strives to apply her learnings, gleaned from these sacred texts to indigenise existing educational frameworks.



NAMAH  
The Journal of Integral Health

### REGISTRATION DETAILS

Zoom joining link and passcode will be circulated on **18th October**.

**Workshop fee is Rs. 1,200**

**Payment from outside India: US\$ 20**

The fee is non-refundable

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# Decoding Conscious

# Parenting

with

GITANJALI

