



**NAMA**  
The Journal of Integral Health

 *Sri Aurobindo Society*  
Creating the Next Future

# Purification

**ON THE PATH OF INTEGRAL YOGA** with Aditi Kaul

An essential means towards self-perfection. 15–18 April, 2024  
organised by NAMA, the Journal of Integral Health

Purification and a basis of calm are the first necessary steps in the spiritual life.  
– Sri Aurobindo

The mixed and confused action of nature presents many difficulties leading to an experience of limitation and bondage that comes in the way of progressing towards union with the Divine. An experiential understanding of the need and ways of purification can help an individual progress on the path of self-discovery. Thus, becoming aware of the workings of all parts of the being and their principles of purification becomes a key element on the path of Integral Yoga. **This four-day workshop aspires to take participants on this journey of understanding and purifying the parts of the being.**

<b>15<sup>th</sup> April</b>	4–5:30 pm IST	The Need for Purification
<b>16<sup>th</sup> April</b>	4–5:30 pm IST	Purification of the Mental Being
<b>17<sup>th</sup> April</b>	4–5:30 pm IST	Purification of the Lower Mentality
<b>18<sup>th</sup> April</b>	4–5:30 pm IST	Purification and the Way Forward



Aditi Kaul is a seeker working towards bringing the perennial wisdom of self-knowledge to the field of psychology and developing ways that can facilitate an integral approach towards life. 'Conscious living is a full-time job' is her living aspiration. Currently, she teaches Integral Yoga Psychology at university level and also conducts online sessions focused on dialogue-based enquiry and self-exploration.

## Registration Details

**TO JOIN: FROM INDIA** Rs. 2,000 <https://rzp.io//Purification-on-the-Path>

**OVERSEAS:** US\$ 35 [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=UU34L37PRKRWL](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=UU34L37PRKRWL)

Zoom joining details will be circulated in the morning of 16th April

**FOR BANK TRANSFER** Account: NAMA, Acc no: 1235498160, Type: Savings, Central Bank of India, IFSC: CBIN0281354

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