

SELF & IDENTITY

An Integral Perspective—Exploring our Many Selves

with Aditi Kaul

ONLINE PROGRAMME

20-23 June 2022

4 to 5.30 pm IST

To know oneself and to control oneself

– The Mother

Integral Yoga offers a comprehensive view of the human personality as it addresses the complete human being: not only the body, heart and mind but also the soul and spirit. One of the most celebrated statements by Sri Aurobindo, “Yoga is nothing but practical psychology” can be seen in light of this aspiration to evolve through developing a deeper understanding of all aspects of being through self-observation and reflection. When one becomes more aware of the patterns of one’s own inner and outer life, one starts moving from the narrow identification with the ego towards a wider sense of identity and starts to connect inward and upward.

This 4-day immersion will facilitate the journey of gaining insight into one’s own complex individuality and provide space for Self-Enquiry, wherein participants can create their own toolbox for cultivating an integral personality guided by the psychic presence.



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PROGRAMME DETAILS

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| Day 1 | A first look inside – Structure of the human being |
| Day 2 | Going within – One step closer to the Self |
| Day 3 | Connecting the dots – Self and Others |
| Day 4 | Developing your toolbox for Integral living |

REGISTRATION DETAILS

Workshop fees | Domestic: Rs. 1,700 | <https://rzp.io//RQI4YjTXwD> | Overseas US\$ 27
https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=X7FHPDZZBWKJU
Zoom link and passcode will be circulated in the morning of 20th June

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ADITI KAUL is a seeker, exploring life through the lens of Integral Yoga and has made it the purpose of her life to bring the perennial wisdom of self-knowledge to the field of psychology and develop ways to facilitate Integral way of living. 'Conscious living is a full-time job' is her living aspiration. In 2015, after completing her university education in psychology, she attended a two-semester course on Indian Integral Psychology inspired by the works of Sri Aurobindo and The Mother at the Indian Psychology Institute, Pondicherry. Currently she is a volunteer at Sri Aurobindo Ashram – Delhi Branch and associated with the AURO University, Surat as a guest faculty member for Integral Psychology and Sri Aurobindo Studies. She also conducts online sessions focused on dialogue-based enquiry and self-exploration.



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