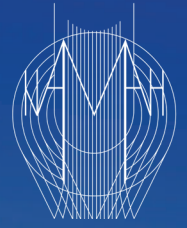


Towards Conscious Sleep

WITH

Jayashree Blench

13-18 February, 2023 | 5.00 - 6.30 pm IST



NAMAH

The Journal of Integral Health

An Introductory workshop, organised by NAMAH, the Journal of Integral Health, based on Sri Aurobindo's and the Mother's Teachings

It is heartening to know that people are seeking to examine and explore their 'sleep-life' in more depth than previously attempted. The history of 'dreaming' and its importance in daily life, dates back to early civilisations; but investigating the 'sleep-experience' from the standpoint of yogic psychology, has never been so thoroughly explored as in the writings of Sri Aurobindo and the Mother.

In this workshop, we will look at the processes that govern ordinary sleep consciousness and how that can be transformed, so that the nature of sleep changes from a state of semi-consciousness to conscious sleep. The aim of Integral Yoga – to be conscious in all the planes and parts of the being, may also be served.



To join: Rs. 2,600

<https://rzp.io//XSMX0riR>

US\$ 40

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=7MLUL4F89V67G

Joining details will be circulated in the morning of 13 th February, 2023

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In 1996, **Jayashree** joined the Gnostic Centre in Delhi (Haryana) and was trained by Ameeta Mehra to facilitate workshops on the writings of Sri Aurobindo and The Mother. The very next year, she visited Pondicherry and Auroville and this started her journey in Integral Yoga.

Moving to the US in 2001, **Jayashree** trained in Hatha yoga and Ayurveda. She had been a High school teacher in Delhi, but she trained to be a Montessori teacher alongside her practice of yoga. An avid reader of literature and philosophy, she now immerses herself in the study of Savitri.

