

# IMC

## Chamber of Commerce and Industry

**Dear Sir/Madam,**

We are pleased to inform you that IMC Chamber of Commerce and Industry in association with Art of Living is organizing “**SAHAJ SAMADHI MEDITATION PROGRAM**”. The Sahaj Samadhi Meditation Program trains your conscious mind to experience the silent depths of your own nature.

In Sanskrit, Sahaj means effortless. Samadhi is meditation - a natural state beyond waking, sleeping and dreaming that is an unlimited reservoir of energy, intelligence and creative power and a place of infinite peace and tranquility. The practice of Sahaj Samadhi Meditation brings these qualities of increased energy, clarity, joy, and deep inner peace into our daily experience.

The details of program are as follows:

**Day & Date** : Sunday, 15 March, 2020 – 10.30 AM to 12.30 PM  
Monday, 16 March, 2020 – 5.30 PM to 7.30 PM  
Tuesday, 17 March, 2020- 5.30 PM to 7.30 PM

**Venue** : IMC Lounge (2nd floor), IMC Building, Churchgate,  
Mumbai – 400020

**Program Fees** : INR 3,200/- inclusive of GST

**Age Group** : 16 onwards

**About the Speaker:** Ms. Rajita Kulkarni is International Transformational Leadership Coach and President of Sri Sri University. She has conducted different programmes in the field of personal and organizational development in America, Europe, Middle East and Asia Pacific.

Rajita has trained and coached leaders from large, multicultural, multi country and diverse teams in over 50 countries, clocking one million man-hours in training with over 100,000 participants. Having won 17 awards for professional excellence in her field, she has designed 85 management exercises and

learning tools released in a book '**Focus Forward.**'

If you wish to participate, please fill in the details in the attached registration form and send to Ms. Swapna Sathe at IMC Chamber of Commerce and Industry, Churchgate along with cheque for applicable amount of Rs. 3,200/- per participant in favour of "**The Art of Living CRF**".

Regards,

**Ajit Mangrulkar**  
**Director General**

[Registration Form](#)