



The Gnostic Centre

*a research centre for the
growth of consciousness*

CONSCIOUS BUSINESS RETREAT

Saturday, 22nd to Sunday, 23rd April, 2017



Retreat photos:
<http://pin.it/mKW0xSI>

The Retreat had 3 primary components:

1. Conscious Business Workshop by Partho

A group of 12-15 participants from diverse professions came together over 1.5 days to engage in self-reflective contemplative sessions based on the practices of Karmayoga. Part of the session on the 1st day was spontaneously co-facilitated by Ameeta Mehra (The Gnostic Centre's Chairperson & Founding Trustee, and the head of India's top-most stud farm).

“The program was laidback, unconventional in its approach, created ‘space’ for inner work to happen effortlessly. Programs like these work as a catalyst – it triggers, nourishes, refreshes and helps us reconnect.”

- Bhaskar Roy



2. Art of Conscious Conversations Session by Savita Wakhlu

Coming towards the end of the Retreat (afternoon of the 2nd day), this session complemented Partho's sessions and provided a platform for the participants to explore the application of insights gained over 1.5 days. Part of the session was spontaneously facilitated by Bharat Wakhlu (Savita's husband and a well-known name in corporate training).

“What I liked most... Comfort of being what we are during every conversation. My take-away... Being conscious about ourselves by practising conscious listening, learning, communicating.

- Madhur Sharma



3. Creative & Contemplative Power of Sound & Music Sessions by Aurelio

Held on both evenings, these sessions engaged the participants with the self and the collective creatively, through music. Concepts of harmony, collaboration, sensitivity to the others, were explored experientially.

“It was life transforming at a very deep level and the effects will unfold from hereon forever.”

- Pratibha Singh

The Facilitators

- **PARTHO**, works with corporate groups and business organizations as mentor, coach and trainer in leadership and work culture based on Indian Yogic thinking and practices – in India, Europe and the USA. Partho heads Auroveda Gnosis, an organization engaged in educational and leadership research, training and consultancy, established in 2008 by the Auroveda Foundation, US.
- **SAVITA WAKHLU**, the founding Managing Director of Jagriti Communications, a training and consulting organization focusing on Individual and Organizational Learning, has designed and conducted training, learning and coaching interventions for some of the world’s leading corporations operating in the US and India for the past 28 years. Most of her work is blended with inner-dimensional, spiritual work.
- **AURELIO**, the creative director of SVARAM (a Musical Instruments, Vocational Training and Research Station), is a musician, educator, ethno-musicologist, researcher, sound designer and sound healer, settled in Auroville. Through his extensive travels and studies all around the world, Aurelio has become a noted pioneer in the development and manufacture of innovative musical instruments, whether it be simple inviting ones for beginners, or instruments specially designed for use in sound healing.

“Well-knit program structure. Excellent speakers who were in full grip of the subject they were deliberating upon.”

- Sumit Goel



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