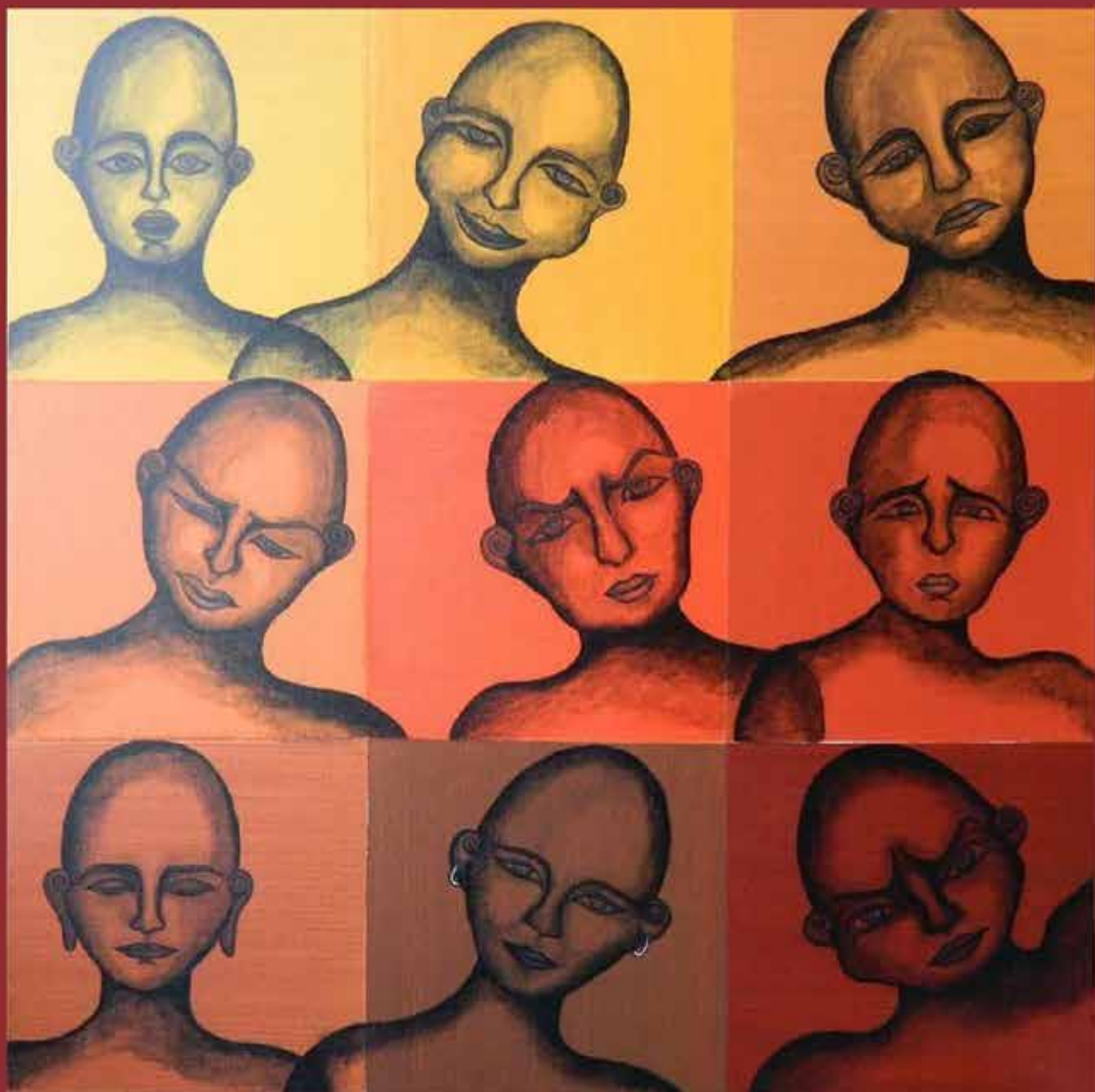


Decoding the navrasa

an exploration within



A Poem On Transformation

I loved you with my heart and soul
Gave you everything I hold
Never kept anything with me
I lost myself in ecstasy

I did this because it's me
Not because I was told
I just don't know how to hold
So, I did as my heart told

In this I lost everything I hold
I completely dissolved and broke the mold
I couldn't find myself at all
All I knew was black and dark

I tried to find myself and failed
It was tough and I was frail
I looked and looked and tried to find
But I was lost in grime

As time went by a new flame rose
It was new with nothing old
It was bright and had a light
A light that made all darkness bright

This new being came from the old
It came from the grime and mold
Its power came from the pain
It's now a brand-new name

- Jasmine Surr



Objectives Of The Session

Create a space for you to access your inner dynamics by providing a map through which you can navigate your inner space.

- Gain mastery over energies and foster hidden heroic potential.
- Introspect upon the relationship between outer expression and inner processes.
- Develop a personal foundation of role effectiveness, interpersonal ethics, and intrapersonal discipline.
- Enable you to discover the "Shantam" location within from which to access healing energies.
- Discover your purpose in life and work towards it.



Methodology

Using theatre, movement and body work to decode the Navrasa or nine human emotions.

An Individual is simultaneously a member of multiple systems - organization, society, family and others. Each of these systems is a complex network of interdependent roles and processes with distinct values and norms. The diverse pulls and pressures of the systems and lack of integration and synergy in oneself, result in diffused inner energies and consequently affects expression. An exploration into one's inner-process is enabled by bringing alive one's inner drama.

Who Is This Workshop For?

- Leaders, Change Agents and Professionals in the field of Management and the Arts wishing to delve inwardly and regenerate themselves.
- Those who wish to discover and develop creative processes of their own unfolding and therefore facilitate self-discovery in others.

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