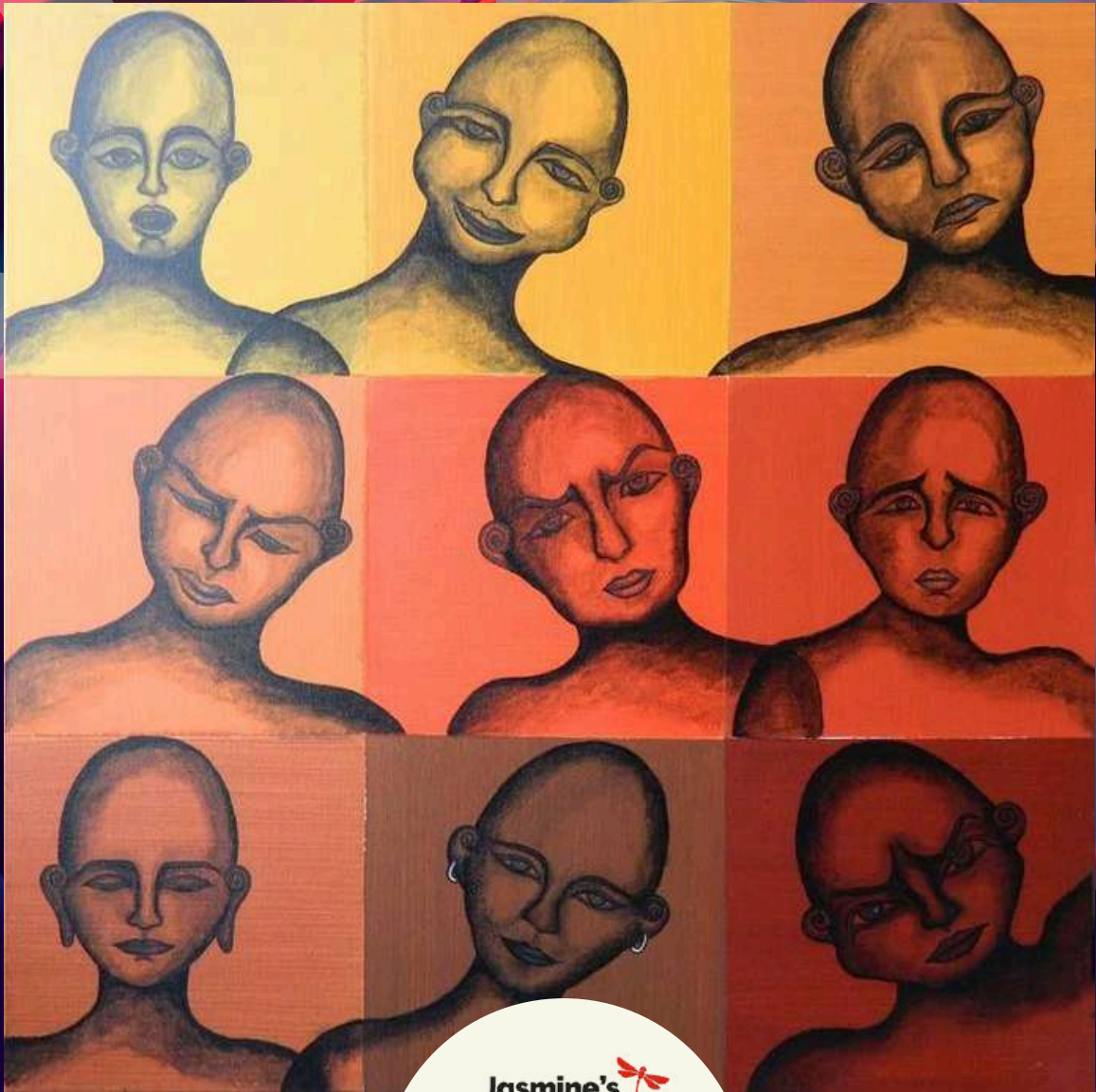


# DECODING THE NAVRASA



Jasmine's  
**Playadiem**™

*- The Transformation Playground -*

*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 Suri**



## 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.

Enable you to discover the "Shantam" location within from which to access healing energies.

Discover your purpose in life and work towards it.

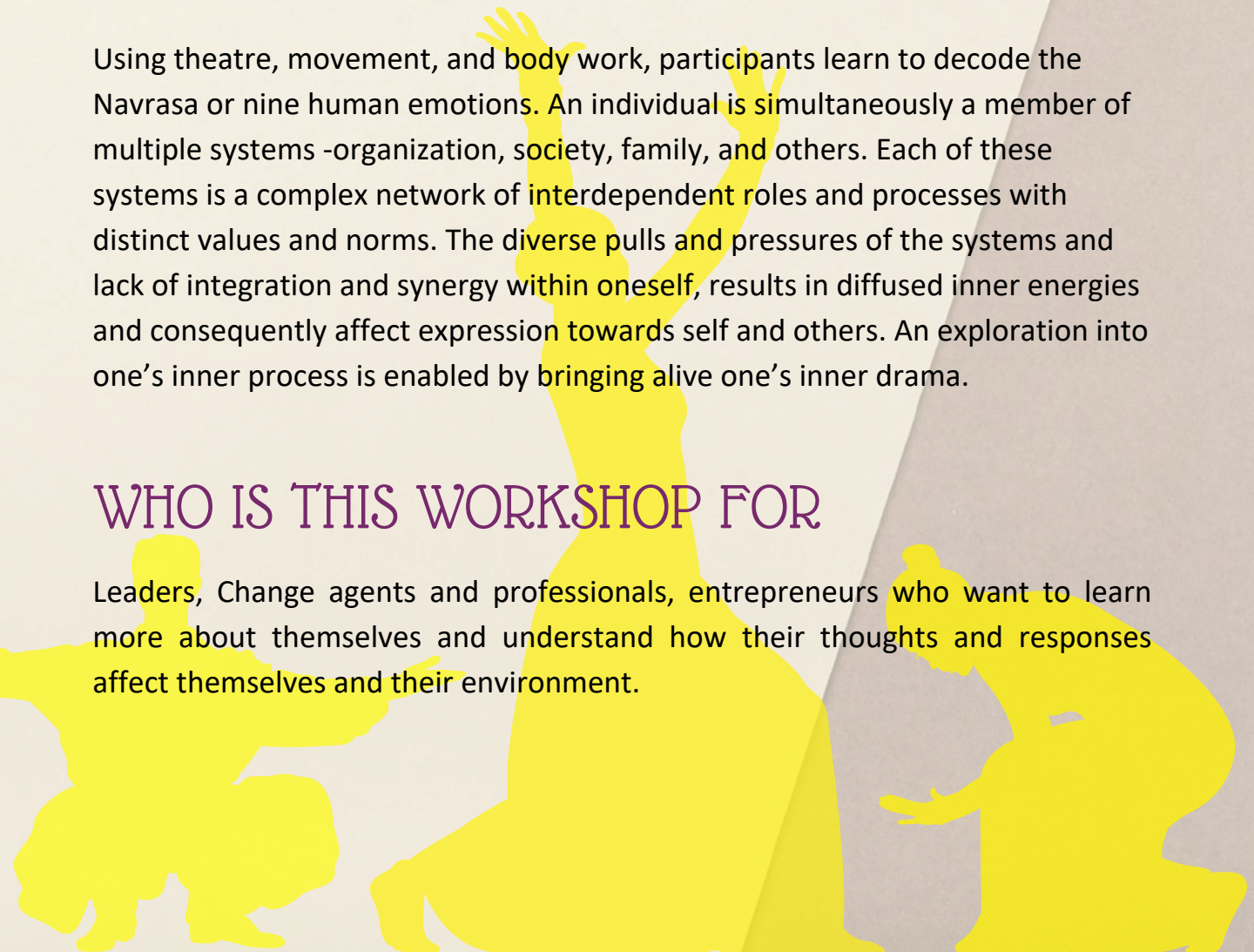
Develop a personal foundation of role effectiveness, interpersonal ethics, and intrapersonal discipline.

## METHODOLOGY


Using theatre, movement, and body work, participants learn 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 within oneself, results in diffused inner energies and consequently affect expression towards self and others. 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, entrepreneurs who want to learn more about themselves and understand how their thoughts and responses affect themselves and their environment.



# CONTACT US

 Powai, Mumbai-72

 [jasmine@jasminesplayadiem.com](mailto:jasmine@jasminesplayadiem.com)

 [jasminesplayadiem.com](http://jasminesplayadiem.com)



**Jasmine's**  
**Playadiem**

*- The Transformation Playground -*