

# The Nature of Bliss: Happiness through Yoga Psychology

*"Happiness lies within. Connect with it." Dr Shyam Bhat MD*



In this **Conversations About Living** event, **Dr Shyam Bhat** will discuss the nature of happiness and bliss:

- **What are the eastern and western perspectives on Happiness?**
- **What does the wisdom of Yoga psychology teach us about the nature of Bliss?**
- **What can we do to lead happier lives?**

**When:** Monday, June 15th 2009

**Where:** Rotary House of Learning, 11 Promenade  
Road, Near Coles park,

**Time:** 6pm - 8 pm

**Entry:** Free

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**Conversations About Living** is an initiative of **Nirvikalpa: The Center for Human Potential**, a not for profit organization devoted to the exploration and development of human potential.

**Dr Shyam K Bhat MD** is an integrative medicine specialist and neuropsychiatrist, who integrates western medicine and psychiatry with Yoga psychology and eastern healing traditions.

[www.shyambhat.com](http://www.shyambhat.com)