

Conversations About Living

Personal Independence: Breaking free of all limitations

“In order to attain true personal freedom, you have to break free of all notions of what you can and cannot accomplish”

Dr Shyam Bhat MD

In this event, Dr Bhat will describe a path towards inner freedom:

- How can we embrace the limitless potential of our lives?
- How do we break free from self imposed limitations?
- How do we understand & unleash our inner potential?
- Why are most people dependent and how do we attain true independence?

Thursday, August 13th 2009

Ashirwad, 30 St Marks Road Cross,

Opp. SBI, Bangalore

6pm - 8 pm

Entry Free

Contact us for details at 93437-89970



Nirvikalpa: The Center for Human Potential, an organization devoted to the exploration and development of human potential.

Conversations About Living is an initiative of Nirvikalpa.

Dr. Shyam 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