

Workshops from The Heart!

Meet Hirdaya Priya from India!

Heidi Groschler (Hirdaya) has devoted her life to freedom and Self-knowledge. Living in the Himalayas for over thirty years with a Self-realized master, she has been extensively teaching and practicing the transforming science of meditation and its philosophy.

Heidi has a genuine love of people, a keen understanding of the human mind and spirit, and an ability to create ease around her, making her uniquely gifted in awakening the transforming power and expanded perspective of meditation in her students.

Hirdaya visits her Guru sister, Meranda (also known as Mridula), in St. John's and offers these Heart Workshops to the public July 21 and 22.

Saturday July 21, 1-5 pm \$75

1 – 2 pm: **Yoga**
2 – 5 pm: **Conquering Doubt**

The story in everyone's head is full of concerns, worries and doubts. Doubt robs us of our inherent power and makes us weak in both thought and action. But doubt can be conquered, unleashing the power to think and act with clarity and decisiveness. With lightness, this workshop offers an in-depth understanding of the mind with user-friendly techniques to apply for conquering doubt. The result is your own doubtless power – accessible, and easy to apply in your daily life.

Sunday July 22, 1-5 pm \$75

1 – 2 pm: **Yoga**
2 – 5 pm: **The Living Gita**

The message and wisdom of the Bhagavad Gita is timeless, potent, and practical. It takes place on a battlefield, which serves as a metaphor for the struggle between ignorance and knowledge that exists in every person's mind. This is portrayed through the dialogue between Krishna, the enlightened master, and Arjun, the questioning and doubtful disciple.

Arjun's predicament is every person's predicament; and Krishna's knowledge is every person's birthright and potential. Therefore, with lightness, interactive discussion and inquiry, we will explore the Gita's message and themes, particularly non-doership, emphasizing their personal and universal relevance.