

*"You cannot change your future. But, you can change your habits.
And surely your habits will change your future." Dr. APJ Abdul Kalam*

**PROGRAMS FOR HOLISTIC GROWTH (P.H.G)
SISTERS OF ST. JOSEPH OF CHAMBERY,
I.C.J. TANMAYA, BHOPAL, M.P.**

COURSES OFFERED FROM JULY 2015 TO JUNE 2016

- July 25th am- 31st pm '15: Reclaiming the Inner Child – For lay people. (S. Regis)
Reg. & Course fee : 800/- Board & lodge : 2100/-
- Aug. 22nd pm- 30th pm 2015: Holistic Living for Renewed Consecration: 50+ years (S. Regis)
Reg. & Course fee : 900/- Board & lodge : 2400/-
- Sept. 7th am- 12th pm 2015: Healing Meditations (S. Regis)
Reg. & Course fee: 700/- Board & lodge : 1800/-
- Sept. 24th pm – Oct. 1st pm '15: Reclaimed Inner Child for Renewed Consecration (S. Regis)
Reg. & Course fee : 800/- Board & lodge : 2100/-
- Nov. 8th pm- 16th pm 2015: Holistic Living for Renewed Consecration: 35- 50 years (S. Regis)
Reg. & Course fee : 900/- Board & lodge: 2400/-
- Dec. 7th am - 11th pm 2015: The Challenge of Consecrated Life Today (S. Regis)
Reg. & Course fee: 600/- Board & lodge : 1500/-
- Jan. 22nd pm- 31st pm 2016: Refresher Course for Formators (S. Regis & Team)
Reg. & Course fee : 1000/- Board & lodge : 2700/-
- Feb. 13th pm- 19th pm 2016: Pathways to Inner Healing (S. Regis)
Reg. & Course fee : 700/- Board & lodge: 1800/-
- Feb. 29th pm- 6th Mar. pm '16: Aging with grace: 60+ years (S. Regis)
Reg. & Course fee: 700/- Board & lodge: 1800/-
- April 9th pm -17th pm 2016: A Women's Journey towards her God-Retreat (S. Regis)
Reg. & Retreat fee: 900/- Board & lodge: 2400/-
- May 3rd pm- 12th pm 2016: Journey towards Wholeness Retreat (S. Regis & Team)
Reg. & Retreat fee: 1000/- Board & lodge: 2700/-
- June 3rd pm- 10th pm 2016: Reclaiming the Inner Child (S. Regis)
Reg. & Course fee: 800/- Board & lodge: 2100/-

PLEASE NOTE:

1. You are expected to arrive on the first day latest by 5.00 pm and you may leave any time after 4.00 pm on the last day.
2. Bed linen, towel and mosquito net will be provided by the center.
3. Auto fares from - Bhopal Railway Station will be approx. Rs. 250-300/-
- Bairagarh Railway Station will be approx. Rs. 150-200/-