



AVABODHA

LEADERSHIP RESIDENCY



*Re-connect with your inner self
Re-align to your body, mind, heart and soul
Re-create your story, your true calling*

Leadership Basic course at Avabodha – **4 days**

Objective – **Self Awareness**

Take away – Participants would have created a new connection with the self by becoming more aware about their physical, cognitive, emotional, creative and social uniqueness.

Day -1

Participant Arrival in Avabodha on day 1 latest by 8 am

1st half

- Orientation (Logistics and course overview)
- Expectation setting and Q A
- Solo walk observing the space (External awareness)
- Physical awareness – Body and posture

2nd Half

- Relaxation techniques
- Session 1:
Ancient Indian Philosophies and Yoga Psychology- An overview of Maharishi Patanjali
- Discussions over its relevance.
- Solo walk – Observing the thought process
- An informal evening - Getting to know one another.

DAY -2

1st Half

- Morning – A small trek in the mountains
- Session 2 – Understanding the Mind: Structure, functions and process.
(Patanjali Yoga)
- Discussions over its relevance in our personal well-being and as a leader

2nd Half

- Relaxation- Observing and reflections on personal breathing pattern
- Solo walk – Observe your own mind and its working
- Laying the seed – Planting & nurturing (Group work)
- Connecting self with nature through music – at dusk

DAY -3

1st Half

- Asana and Pranayama
- Session 3- Understanding the Guna concept and its relevance in maximising our potentials
- Discussions on its application in personal day to day life
- Re- creating my story- Canvas painting

2nd Half

- Relaxation practice
- Solo reflection: 'My Guna' dominance & its impact on myself and my relationships.
- Learning to center- The inner and outer alignment (Pottery)
- Bringing joy in the moment and process: Group cooking
- A soulful evening under the stars along with a bonfire and music.

DAY- 4

1st Half

- Experiencing the natural sounds with its silence – Focus with objectivity
- Session 4 – Ashtanga Yoga & Yama Niyama
- Solo reflection on ' Where do I stand within the parameter of Yama Niyama
- Sharing and group discussions on its application.

2nd Half

- Re- igniting my own fire as a leader .
 - What connected within me?
 - What alignment did I become aware of?
 - Mind shifts in my story
- Body, thoughts and breathing focus with alignment
- Concluding Session