

A CHINMAYA AFTERNOON FOR TEENS

AN AFTERNOON OF fun and educational activities is planned for teens who want to take a moment off from their daily routines. *Self-motivation, effective communication and stress management* are three focus areas for this afternoon. We will explore how the often asked question, "Why am I HERE?" can be turned into a motivating force. We welcome any interested teenager; in particular, those who are planning to volunteer in the summer camp.

When: Saturday, March 14, 2009; 1pm-4pm.

Where: Chinmayam, 46 Norwood Road, Silver Spring, MD

Concepts & Coordination:

Andrea Beri, Dev Murali, Madhu Puri, and Nagaraj Neerchal

Facilitator: Nagaraj Neerchal

Session Goals

Those attending this session will learn...

- ❖ The value of being in the moment by bringing the mind to the work at hand.
- ❖ To consciously practice the elements of effective communication.
- ❖ To anticipate stress points so that potential conflicts can be avoided.
- ❖ How to convert "Why am I here?" question into a powerful motivator.

Where am I?

-Here.

What time is it?

-Now.

What am I?

This moment.

-The Peaceful Warrior

To register or for more information contact:

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