



Dear Inquisitive Soul:

We all go through stages of ups and downs in our life. Sometimes we are able to sort things out while at other times, we feel getting stuck in the rut. In such moments, which come a lot during our life from 25 to 55, we try to find solace in religion or surrendering to God's will (*Meri to kismet hi aisi hein*).

I, with my life spent over three continents as an IT consultant-entrepreneur and children living all over the world, since 2005 am teaching Holistic Way of life drawn primarily from my experience and Jain philosophy. My daughter, Ms. Anita Jain, living in Switzerland for more than 15 years with her family, has a rich experience as Senior Executive with world famous MNCs and is now working as a private life Coach. We both designed the program Rhythm of Life or ROL to discuss life experiences and views of greatest psychologists, achievers in business and sports, Philosophy and religion and finally superimposed by our own experiences. .

ROL strongly believes that changes are needed to be made in our Inner World i.e., beliefs, values, perspectives, to create opportunity for introspection at a deep level and then creating a vision and implementation from there.

Wheel of dharma below depicts the philosophy behind ROL program:



The entire ROL program consists of two phases:

1. ONLINE (preparatory to retreat) : Four pre-recorded lectures will be made accessible to participants to prepare them with the philosophical background
2. RETREAT: At a picturesque meditation retreat.

Please click on the link blow for The Introductory video of the program:

<https://drive.google.com/file/d/1xVdauaXgcSMFdAbFheW4yq3l3C44vbFs/view?usp=sharing>

We have already offered both modules together as joint retreats at Naval Veerayatan Pune and Zorba The Buddha in New Delhi to highly educated professional and business women successfully.

To make it more freely available to you and offering a choice, we are pleased to announce the offer of Phase 1 only, as an ONLINE experience stretched at your convenience. We are offering this ONLINE every month as follows, to enable you chose the month that best fits your schedule.

Program Number	Release of Modules for study	Q & A Online Session
1	Module I and II Nov 18 th for the week. Module III and IV Nov 25 th for the week	Nov 23 rd 5.30 to 7PM IST Nov 30 th 5.30 to 7PM IST
2	Module I and II Dec 9 th for the week. Module III and IV Dec 16 th for the week	Dec 14 th 5.30 to 7PM IST Dec 21 st 5.30 to 7PM IST
3	Module I and II January 13 th for the week. Module III and IV January 20 th for the week	Jan 20 th 5.30-7PM IST Jan 24 th 5.30-7PM IST

Should you be interested in taking advantage of this program, please fill the registration form below indicating the Program Number you wish to attend. Please note program 2 and 3 are repeats of program 1.

Registration link: <https://forms.gle/fj3BKQ6eNgB1ia298>

Should you any questions feel free to contact me at shuganjain1941@gmail.com

Best.

Shugan Jain Ph. D