

YOGAKSHEMA'S NEUROSCULPTING WORKSHOP Series presents: **A WORKSHOP ON FORGIVENESS**

Modern life and lifestyles put all of us, from a child to an adult, in overwhelming situations at home, work, and in the social milieu. They often leave one shortchanged, deceived, and as a consequence experiencing a range of negative emotions. These emotions have the potential to cloud one's thinking. Lack of clarity in thought could spur one into taking actions that may later be realized as inappropriate, which could lead to frustration and unhappiness.

*Can life be
made simple?
The answer
is YES!*

**YOGAKSHEMA, in its
NEUROSCULPTOR
SERIES OF
WORKSHOPS AND
TALKS, is trying to
address these issues.**

Dr. Usha Vasthare, founder of YogaKshema Rehabilitation and Wellness Center, is a Neuroscientist & former faculty of Temple University School of Medicine, Philadelphia. Her perspective in these workshops is based on the very latest facts and discoveries that are being uncovered in the field of Neuroscience.

FORGIVENESS

"When you choose to forgive those who have hurt you, you take away their power over you."

The brain's Negativity Bias leads to worry, depression and over-reactions to certain experiences in our lives especially in inter-personal relationships. Often, we find ourselves engrossed with thoughts of past experiences, bitter encounters and incidents; worrying and yet unable to overcome them. Relationships continue to be unfulfilled; we isolate ourselves, leading to further discontent. It affects our Quality of Life, Relationships and long term Health and Happiness.

YogaKshemas's "FORGIVENESS" workshop is designed on 'self-directed Neuroplasticity'.

The current research in Neuroscience, tells us how, through **NEUROPLASTICITY**, we can change our brain over time. The workshop goes on to explain what is forgiveness, why we should forgive, and the way to forgive. It also expands to tell us what *Forgiveness is not*, and elaborates on the various *misconceptions about Forgiveness*.

It takes a lot of willpower to Forgive.

The mind is potent enough to mend and heal itself.

As the thought processes learnt in the workshop are put into practice, we begin a holistic healing process that empowers us to move ahead in our lives by liberating ourselves from the clutches of negative emotions rooted in the past. A new perspective on relationships is developed that not only ennoble us but also enables us to deal with challenging situations we may encounter in the future too.

"Forgiveness is not an act of charity, nor mercy or a feeling of helplessness; it stems from strength of character"

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**YOGAKSHEMA REHABILITATION &
WELLNESS CENTER**

