

20. EMPOWERMENT RETREAT FOR WIDOWS

Oct 5 - 7

Facing the reality of death can be a painful and a demanding task. This retreat aims to accompany those who have lost their spouses to journey from pain to power, despair to hope, loneliness to participation.

Resource Persons: Lorna D'Souza, Maryann and Atma-Darshan Team
Registration Fee: Rs. 150/- Course Fee: Rs. 400/-

21. COUNSELING & SPIRITUAL DIRECTION:

AN INTEGRAL APPROACH/(A 2-Week Basic Training Program for Formators, Teachers & those in the Helping/Social Apostolates) During Diwali Vacation (dates to be announced)

Psychological counseling as has evolved in our culture does not really deal with the spiritual dimension of life. So also those involved in Spiritual Direction may not be prone to integrate insights from Psychology and the behavioral sciences. This training program thus is an attempt to build upon the insights from both Psychology and Spirituality in giving a particular orientation to Counseling and Spiritual Direction that would recognize and respect an individual both as a spiritual as well as a psycho-social being.

Resource Persons: Atma-Darshan team; Fr. Joaquim Fernandes, SVD, PhD
Registration Fee: Rs. 500/- Course Fee: Rs. 4000/-

22. GUIDED RETREAT

Nov 18 - 24

See Course 10 for details

Regis.tration Fee: Rs. 200/- Course Fee: Rs. 2000/-

23. CURE-YOUR-ASTHMA-WORKSHOP

(during Diwali vacation)

For Asthma Patients: 30 - 55 Yrs

The workshop aims to enable participants to get to know the root causes of asthma; to free themselves of the problems of allergy; to strengthen the weak lungs through breathing exercises; to sort out the emotional and relational problems; to learn to relax the brain

to develop alpha-consciousness for healing to take place through meditations; and to become resourceful by enhancing the quality of self-acceptance and self-intimacy.

Resource Person: Fr. Ittoop Panikulam
Registration Fee: Rs. 500/- Course Fee: Rs. 2800/-

24. FAMILY & COUPLES RETREAT Nov 23 - 25

See course No. 9 for details

25. EMOTIONAL INTELLIGENCE Nov 30 - Dec 2

(For Laity, Priests & Religious)

Research shows that there is something other than the traditional understanding of intelligence (IQ) that makes a difference to our success and happiness in life. Emotional Intelligence (EI) is an important factor in this difference. This course on EI is designed to help people to reflect on what really is happening in their life and to take action in areas that are out of balance or where people might want to feel more emotionally effective.

26. PREACHED RETREAT Dec 26 - Jan 1

(A 6-Day Retreat for Priests & Religious)

Theme: Awareness and Growth

Registration Fee: Rs. 200/- Course Fee: Rs. 2000/-

GENERAL INFORMATION

- Selections are made on the basis of 'first come, first served'.
- All programs begin on the evening of the first day (arrival by 7 pm) and will end at 5 pm of the last day (Except Vipassana).
- All programs are residential.
- All rooms are self-contained with two beds. We provide bed linen, mosquito nets and blankets.
- Suggested fee structure for weekend courses: Registration fee Rs. 150/- and Course fee Rs. 500/-
- Concession in rates will be made to deserving lay people.

Atma-Darshan Counseling and Spirituality Team

Fr. Tony Menezes (PhD Clinical Counseling), Fr.

Jos Vazhayil (Dip. Spirituality), Fr. Aloysius D'Souza, Fr. Gregory Arockiam and Fr. Donald D'Souza.

OTHER SERVICES OFFERED BY THE CENTRE

- Individual counseling and retreat direction.
- A Community of lay volunteers called 'Disciples of the Divine Word' to reflect over, pray for, and reach out to the poor and marginalized. We welcome volunteers to join this group.
- Facilities for individuals and families to spend time in prayer and solitude.
- Residential/Non-residential facilities to hold own workshops, seminars, retreats and meditation programs.

HOW TO REACH ATMA-DARSHAN

From Andheri Station (East), take a bus or an auto to Mahakali Caves Road. Atma-Darshan is in Gyan Ashram campus, so ask for Gyan Ashram as it is well known in the area. The gate leading to Gyan Ashram is on your right and just before the second traffic signal Chowk on Mahakali Road when you come from Chakala. Atma-Darshan is next to Gyan Ashram. **Landmarks:** *Dominos Pizza, 25 meters before Gyan Ashram gate; Canossa school & Holy Spirit Hospital after Gyan Ashram gate.* The alternate route from station to Gyan Ashram is via Pump House Road. It is shorter, though a bit narrow and congested at peak hours. This road meets Mahakali road at the above mentioned traffic signal Chowk. Gyan Ashram gate is to the right of the Chowk.

Bus No. 333: Sher-e-Punjab Bus Stop.

Auto Fare: Approx. Rs. 35/-

For Registration & Inquiry

The Program Director
ATMA-DARSHAN
Gyan Ashram Campus
Mahakali Caves Road, Andheri (East),
Mumbai - 400 093. India
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ATMA - DARSHAN

Centre For Spirituality
and Counseling
(By The Society Of the Divine Word - SVD)

*Happy Persons, Families and Communities through
Psycho-Spiritual Growth*
(Vision Statement)



PROGRAMME 2012

Mahakali Caves Road, Andheri (East),
Mumbai - 400 093. India
www.atmadarshan-svd.org

PROGRAM 2012

1. PERSONAL GROWTH & SKILLS DEVELOPMENT Jan 08 – Feb 17
*For Priests & Religious**

Module 1: Ten-day Vipassana Meditation (Jan 8 – 19)

Module 2: Personal Growth (Jan 20 – Feb 10)

- a) Input on inner child; relationships; sexuality; feelings; conflicts etc
- b) Group Therapy
- c) Directed Retreat

Module 3: NLP (Skills Development) (Feb 11 – 17)

Applicants can apply for all or any of the 3 modules. Concession in rates if applying for all 3. Module 1= Voluntary Donation; Module 2 = 7000; Module 3 = 3000 [Module 2+3 = 9200]

2. VIPASSANA MEDITATION Jan 08 – 19
For People of All Religions

Also known as insight meditation, Vipassana is one of India's most ancient meditation techniques. It aims at the highest spiritual goals of total liberation and full enlightenment. It is an art of living, which eliminates the three causes of all unhappiness: craving, aversion and ignorance.

Resource Person: Authorized Vipassana Team (Igatpuri)

*Starts at 4 pm, Jan 08 and ends at 8 am, Jan 19
No Registration Fee; Course Fee: Voluntary Donation*

3. NLP (Neuro Linguistic Programming) Feb 11 - 17

With NLP you can relieve phobias and traumas, resolve inner conflicts, change life-long habits and unwanted feelings, create inner positive feelings, build new beliefs and model your own excellence on others you admire. There are innumerable instances where bad traumas have been relieved in a matter of 10 minutes. That is NLP magic.

*Resource Person: Mr. Clement D'Souza
Registration Fee Rs. 500/- Course Fee Rs. 3000/-*

4. PSYCHO-SPIRITUAL INNER HEALING RETREAT March 2 – 4
For Laity, Priests & Religious

To various degrees we are wounded in our lives; some of us are healed, but those who are not, go about hurting themselves and others. This retreat is aimed at healing the inner wounds and infusing greater inner freedom, peace and power.

5. MEDITATION FOR GOD EXPERIENCE & HEALING March 9 – 11
For Laity, Priests & Religious

Beginning with relaxation and concentration exercises one is led to the experience of various methods of meditation such as meditation on Holy Bible, nature, human body, imaginative contemplation, etc. There will be explanation and sharing on the nature and types of prayers and meditation.

6. SPIRITUAL GROWTH RETREAT March 16 – 18
For Laity, Priests & Religious

Finding meaning and purpose in our lives and actions, is one of our core tasks. This retreat attempts to find a framework to answer some of our eternal questions: "What's life about? Why am I here? What's the purpose of life? Why is there suffering?" Spiritual growth is about finding our centre, our identity, our purpose, our God.

7. STRESS MANAGEMENT March 23 - 25
For Laity, Priests & Religious

No matter what we do or what happens to us, we are constantly being challenged to maintain our balance in life and to resist or adapt to changing external influences. A failure to do so results in an accumulation of stress-factors that affect our physical, emotional and spiritual life. Stress-related disorders are indicative of this. Using psychological and spiritual means, this workshop will help the person to face his life situation and the accompanying stress-factors.

8. PREACHED RETREAT March 25 - 31
A 6-Day Retreat for Laity, Priests & Religious

Theme: Spirituality and Mission for Our Times

Registration Fee: Rs. 300/- Course Fee: Rs. 2000/-

9. FAMILY & COUPLES RETREAT April 20 - 22

A unique experiment by Atma-Darshan, the retreat brings parents, children and couples together for an encounter through sharing, dialogue, prayer and recreational activity. Issues such as generation gap, marital discord, individual needs and family spirituality are dealt with.

Resource Persons: Peter, Carol, Lawrence, Leena & Atma-Darshan Team.

Registration Fee: Rs. 300/- per family Course Fee: Rs. 400/- per person

10. GUIDED RETREAT May 14 – 21
For Laity, Priests & Religious

Often we are challenged to intervene in our life processes and personality patterns so that we live a more meaningful and effective life. This individually directed retreat would offer participants an opportunity to search for new beginnings with the help of qualified and experienced retreat facilitators.

Registration Fee: Rs. 300/- Course Fee: Rs. 2200/-

11. INNER FREEDOM RETREAT June 1 – 11
(For Juniors & Religious below 40 years)

Part I: Input on Inner-Child, Attitudes, Feelings, Conflicts, Intimacy, Sexuality...
Part II: Directed Retreat

Registration Fee: Rs. 500/- Course Fee: Rs. 3000/-

12. PSYCHO-SPIRITUAL INNER HEALING June 22 – 24
See Course 4 for details

13. SELF DISCOVERY July 6 – 8

We are victims of social, cultural, religious, educational and media hypnosis. We live in a world of illusions where truth appears to be illusion and illusion appears to be truth. Self Discovery is to lead us from untruth to truth, from darkness to light and from death to immortality.

14. JOURNEY THROUGH MIDLIFE July 20 - 22
For Laity, Priests & Religious (Age group 35-55)

Our life is a journey... We are always in the process, always in movement, always on the way. Journeying through Midlife is a weekend workshop designed to assist those who are in their 40s and 50s to enter into an inner voyage where they will get in touch with their emerging new life. "The old self must give way to new self." (Eph: 4:20-24)

15. MEDITATION FOR GOD EXPERIENCE & HEALING Aug 3 - 5
See Course No. 5 for details

16. STRESS MANAGEMENT Aug 31 – Sept 2
See Course No. 7 for details

17. PSYCHO-SPIRITUAL INNER HEALING RETREAT Sept 14 - 16
See Course 4 for details

18. HEALING THROUGH MEDITATION ON JESUS Sept 21 - 23
*(With Deep Breathing Exercises, Gentle Postures & Christian Prayers)
For Laity, Priests and Religious*

Meditation on Jesus promotes physical health, mental peace, self-control and spiritual well being. Regular meditation practice can heal asthma, arthritis, gastric disorders, high and low blood pressure, constipation, backache, diabetes, insomnia, cardiac problems etc.

Resource Person: Fr. Gilbert Carlo, SVD

19. AGING GRACEFULLY Sept 28 – 30
For Laity, Priests and Religious

Aging is a process of nature and it is a matter of attitude towards life. However, aging positively or gracefully is a deliberate choice a man/woman makes, accepting the demanding changes of this stage of life and choosing to grow in wisdom, hope, faith and love. Do you look forward to be a graceful elder? If so, learn to grow old gracefully.

Application Form

(Please write in BLOCK letters)

Title of the Retreat / Seminar :

Name : _____

Age: _____ Sex : _____

Catholic Christian Hindu Other Religion

Married Unmarried

Spinster Bachelor

Widow Widower

Single Parent :

Name of the Parish _____

(For religious only)

Priest Brother Sister

Secular Institute Seminarian

Name of the Diocese / Congregation: _____

Address : _____

Pin Code : _____

Phone : _____

E-mail : _____

Type of work engaged in : _____

Do you suffer from any illness? Please specify :

Contact person & phone number in case of emergency:

Date :

Signature :

Procedure : Apply with the non-refundable registration fee. (You could make the initial enquiry regarding seat availability). Send the amount through M.O. or D. D. drawn in favour of Atma-Darsan Trust, payable in Mumbai. If the seats are filled-up by the time your application reaches us, the full amount will be refunded. The registration fee is separate from the course fee.

N. B.: Kindly photocopy this form, if need be.