

Conscious Self-Management – Workshop Program



Program:

Time	Topic
8:30 – 9:00 AM	Arrival / Registration
9:00 – 9:30	Part I – Who am I? My relationship to the world
9:30 – 10:00	Part II – How to manage the Mind
10:00 – 10:10	Break
10:10 – 10:40	Part III -- The Art of Right Contact
10:40 – 11:10	Part IV – How to Control the Mind – an exercise in Meditation
11:10 – 11:30	Break
11:30 – 12:30 PM	Part V – Applying the teachings to our own life
12:30 – 1:00	Closing remarks / Q&A / Evaluation forms