



harmonium

Karmic Management & Prosperity Training
NEW! Weekend Retreat
with Geshe Michael Roach and Senior Teachers
Pre-Registration Recommended

Join us for this first time retreat opportunity with Geshe Michael Roach and senior teachers. This business and lifestyle training program includes lecture, coaching, yoga and meditation to introduce the benefits of applying ancient wisdom in the workplace for body, mind and spirit.

Weekend Retreat Schedule
December 11-13, 2009

Friday, December 11, 2009

4:00pm Arrival and Registration
5:00 pm Welcome Dinner and Introduction
7:00 pm The Heart Sutra - Wisdom for Your Career and Daily Life with Geshe Michael Roach

Saturday, December 12, 2009

7:00am Breakfast
8:00am Guided Meditation
8:45am Guided Yoga Practice
10:30am Wisdom for Daily Life
12:00pm Lunch and Coaching with Senior Staff
2:30pm The Diamond Cutter - Karmic Management Training and Applying
Diamond Cutter Principles to Real Business Issues with Geshe Michael Roach
5:00pm Dinner and Coaching with Senior Staff
7:00pm The Heart Sutra - Wisdom for Your Career and Daily Life with Geshe Michael Roach

Sunday, December 13, 2009

7:00am Breakfast
8:00am Guided Meditation
8:45am Guided Yoga Practice
10:30am Wisdom for Daily Life
12:00pm Lunch and Coaching with Senior Staff
2:30pm The Diamond Cutter - Karmic Management Training and Applying
Diamond Cutter Principles to Real Business Issues with Geshe Michael Roach
5:00pm Dinner and Closing Ceremony with Geshe Michael Roach and
Certificate of Achievement.



Meditation

Stillness is food for the mind and single pointed concentration builds a sense of contentment and well-being that only meditation practice can bring. This module introduces the learner to three kinds of meditation practices and offers simple guidelines for a successful daily practice along with the theory of why and how meditation works. Classes offered for beginners and all levels. Lecturers: Kristina Pao Cheng and Eric Stryson.

Yoga

The health and longevity of the body is our greatest resource. Learn how to use the body to maintain optimal physical health and mental happiness. This module introduces a style of yoga that incorporates physical poses, breath practice and mental focus for an exhilarating full body work-out. Classes offered for beginners and all levels. Lecturers: Mercedes Bahledha, Lobsang Nyingpo, Kristina Pao Cheng and Jessica Kung.

Wisdom for Daily Life

Wisdom is only truly useful when applied to daily life. This module introduces the principle of karma and how it works. Through a lecture style class with interactive exercises the learner will determine the positive changes they would like to see in their world and TRANSFORM it using ancient wisdom in practical methods. Lecturers: Lobsang Chukyi and Stéphane Dreyfus.

The Diamond Cutter for Business

For every business problem there is a cause. Learn the direct cause and effect correlations for classic business challenges as presented in book The Diamond Cutter for Business. This module introduces the learner to how and why things work. Lecturer: Geshe Michael Roach.

The Heart Sutra for Business

The Heart of Lord Buddha's teachings on the wisdom of emptiness. This module focuses directly on the unlimited potential in all things and how this directly applies to decision making in business and in daily life. A rare opportunity to study this course with a great master of the material. Lecturer: Geshe Michael Roach.

Benefits of Retreat: Creating a "Tsam"

This retreat program is based upon a traditional practice of taking time to recharge and rejuvenate to maintain one's physical health and mental creativity through long term activity and work.

"Tsam" in Tibetan means "border" or "dividing line," and the word is used to describe the art of getting away from your work every once in a while--going off somewhere else and, in a sense, drawing a circle around yourself where you can sit quietly and think for a bit.

Our goal is to provide you with the opportunity to take this retreat time to learn something of value and refresh your perspective on your work and life. We have created a program based upon retreat styles that have worked for many learners ranging from beginners to experienced practitioners.



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Location

The Kadoorie Institute - Shek Kong Centre
The University of Hong Kong
Lam Kam Road, Shek Kong
Yuen Long, New Territories, Hong Kong

Full Weekend Residential Pass

Includes all courses, study materials, 2 nights housing and vegetarian meals
Rate: HKD \$2,500 (HKD \$2,000 before December 7)

Full Weekend Day Pass

Includes all courses, study materials and vegetarian meals
Rate: HKD \$1,500 (HKD \$1,200 before December 7)

Pre-registration suggested as space is limited.

Scholarships and financial aid available. Application deadline is November 30, 2009.

To register and apply for financial aid, visit www.harmonium.com.hk.