

THE HAPPIEST DAY



LEARN PRACTICAL WAYS TO LIVE WITH MORE AWARENESS AND LOVE IN YOUR EVERYDAY LIFE IN A JOYFUL WAY!

It is easy to wallow in the dark. It is a brave choice to be happy!

'The Happiest Day of Your Life' is an opportunity to explore the inner dimensions of our life in a unique & joyful way.

Practical tools for conscious living are shared in this Joyshop in an interactive, experiential and fun way. A delightful synthesis of timeless and contemporary teachings are presented through heartwarming stories, activities and authentic sharing.

The real aim is not to gather more information. It is to awaken a renewed commitment and enthusiasm to actually practice the things we already know.

People around the world have benefited from the inspiring encounter with their true nature in this Joyshop and other wonderful learning experiences with Nithya Shanti.

Who is Nithya Shanti?

Nithya Shanti is an spiritual teacher, inspirational speaker, writer, happiness coach, healer, educator and modern day sage. He is committed to sharing transformational principles and practices for everyday happiness.

He studied business management at XLRI and then worked in the field of Human Resources and Corporate Strategy. Despite a successful career he felt a yearning for spiritual growth and inner mastery. In 2001 he left his job and ordained as a forest meditation monk in Thailand. For six years he underwent rigorous monastic training living with meditation masters in remote forests across South East Asia. At a certain stage in his practice he felt guided to shift his emphasis from secluded meditation to engaged spirituality. With the blessings of his teachers he stepped out of the monk role so he could share the timeless principles he had learnt in a modern context.

Nithya Shanti spreads happiness by example, by being a shining presence of joy and gratitude. He is gifted in the ability to share profound teachings in light hearted ways. His capacity to inspire, elucidate complex subjects and offer practical transformational teachings has been appreciated by friends around the world. Since 2007 he has been conducting workshops, meditation retreats and training programs in India, USA, Singapore, Australia and other countries. His achievements are diverse - he has taught at Columbia University (New York), coached CEOs, taught meditation in prisons and also to psychiatrists. Nithya Shanti's work has been widely featured in leading print, web and broadcast media.

Interventions with him have proved life changing for thousands of people around the world.

Website: www.nithyashanti.com

Facebook: www.facebook.com/spreadinghappiness

The Happiest Day of Your Life

What we will learn in this joyshop...

- **"Meditation and Awareness – Inner Happiness"**
We learn about the levels of consciousness, the process of creation, how to calm our minds and open our hearts. We discover the brightness of life when we abide in awareness.
- **"Bridging Hearts – Happiness in Relationships & Community"**
We will learn practical ways to dissolve anger and resentment in relationship with oneself, others and all of life. Many refreshing new ways to strengthen the heart connection with each other will be shared.
- **"Stress Release & Personal Effectiveness – Happiness in Contribution"**
We will learn some amazing and highly effective methods to reduce stress in our life and practical tools for success in whatever we do.
- **"Making Every Day the Happiest Day!"**
We will integrate all that we have already learnt. Eight timeless principles and twenty five daily practices for happiness will be shared. We will gain powerful insights on how to make every day the happiest day of our life!

All sessions are interactive, experiential and joyful! There are many stories, activities, short films and opportunities for discussion. It is a unique learning opportunity for all friends.

This is a precious opportunity to learn valuable skills for living with greater wisdom, joy and purpose.



Feedback from Participants

Today was really the happiest day of my life and I am really grateful to you for giving wonderful learnings which I will definitely implement in routine and all through my life. You are really a person who made wonders in my life and they will start happening now and then.

Shubhada

A wonderful program unleashing the power of mind, providing practical tools for lasting happiness in work and life. A perfect 10 out of 10 marks and a billion thanks for the opportunity.

S. Venkateshan

You have been a true inspiration to all who come into your contact. Your passion, joy, depth of practice, knowledge, your light hearted compassionate essence, your ability to touch the hearts of all those around you, your genuine love and caring for all. I give you my love, and I give you my heart! May you continue to be a loving channel of blessing for the entire world...and so it is!

Ante,

I had a wonderful time and learned a lot of new things. I also experienced some things which I truly thought were impossible to do. My mind opened up to a lot of new aspects of life. The most amazing part of the session was a person being picked up with one finger. I thoroughly enjoyed these sessions and would be only too happy to attend more of these sessions.

Kinjalka

I had never attended such a beautiful seminar before. It was marvelous. The main thing I learned from this seminar is how to concentrate, a major thing that lacked in my life. This seminar has a purpose of purifying people's heart and mind. I will make sure that I listen to you again.

Rushab Vora

What can I say? These days we have spent in your company have been some of the most intense and inspiring days of my life. I am deeply grateful, forever grateful, and full of blessings to have encountered you in my path, walked alongside you and felt your wonderful presence. Thank you for the gift of your presence. I feel that you are my teacher, my friend, my brother. It just doesn't get any better than that!

Julia Bonanni

I found it a completely different workshop. I had certainly expected it to be good; this was far beyond 'good'! This is all I want to say...And please don't mind my handwriting!

Chetanya Kelkar

The experience was blissful. After two days of the Joyshop when I met my best friend she was stunned / surprised /confused with the change in me. She knew I had changed. What had changed was me finding myself. Since then many obstacles have come and unlike before I am overcoming the obstacles. In this joyshop, everything is so believable and easy for me to follow. I understand best with your language and your methodology. Thank-you for the knowledge, for the humbleness and for being the sunshine of happiness. Thank-you is too small a word. You have helped me find my true nature.

Hitesha

Even as I came to the office today, I was terribly depressed and did not realize what direction I was moving in. It seemed as if I was hemmed in on all sides without any hope of escape from this prison. Within a few minutes of meeting you, I feel so liberated, so calm and I truly cannot recall even a single problem that used to torment me! All my work fears, nightmares have been laid to rest. Thank you for the good energy you generate. I consider it a great personal good fortune to have met you. Please continue the good work!

Geeta Murlidar

You are an embodiment of all that your teach. You are so committed to reach out to all who need you. You are like a small boy in a man's body- so child like, so free, so spontaneous, so full of joy: I love the way you laugh! You have amazing knowledge and more amazing than that is how you access it at the appropriate moment. One can clearly see that it is the divine flowing. You are truly a pure channel of blessings to this world and I am completely grateful to you for sharing your love and life with me.

Anu

I really thank you for preparing me for the inner journey. From you I learned the meaning of real peace, happiness and inner joy. You really have put me on the road of freedom and destroyed the maze inside me.

Since I met you my life has changed and I have gone from happy to happiest!

Bhupendra