An Innovative 2 Days Workshop for Women above 18 yeras of age.

- How to discover & develop our ‘Self’?
- How to communicate effectively? And enjoy all our relationships with others?
- When necessary, how to speak and behave assertively?
- What is tension?
- How to cope with it?
- How to regulate our thoughts and emotions?

So many questions!!

Well!!...

let us try and answer all such questions in our innovative workshop!

19th January 2019 (Saturday) & 2nd February 2019 (Saturday)
Timing: 10.00 am to 05.00 pm / Fee: Rs. 2500/- (Inclusive of Lunch)
Venue: IPH, Ganesh Darshan, 11th Floor, Tridal Hall, LBS Marg, Hariniwas Circle, Thane (w).
Contact: Sandhya - 9870115693