

You are invited to join

# THE SHIFT

Turning Point Retreat

**4, 5 October 2025**  
**Saturday & Sunday**

**Happy Village Retreat Centre**  
**Sunguvar Chathiram, Kanchipuram Dist**  
**(On Chennai Bangalore National Highway)**

FOR REGISTRATION



CONTACT:

**7358027727**

<https://omshanti.in/shift>

**BRAHMA KUMARIS**

த ஷிப்ட் - மாற்றத்திற்கான ஆன்மீக முகாம் : மன அமைதியை உணர்ந்து,  
வாழ்வில் புதிய மாற்றத்தை உருவாக்கும் வாய்ப்பு.

## THE RETREAT



Life today moves at a pace where silence and self-reflection are often forgotten. The Shift – Turning Point Retreat offers an opportunity to pause, breathe and rediscover yourself. Through guided sessions, meditation and reflection, this retreat is designed to help you make a positive shift – from stress to peace, from confusion to clarity and from outer noise to inner strength.

## WHY THIS RETREAT

We all face challenges – stress, relationships, decision-making, technology overload and inner restlessness. This retreat is a gentle space to explore practical solutions through spiritual wisdom and meditation. It is not about escaping life but learning to live with balance, clarity, and purpose.



## WHO CAN ATTEND



This retreat is open to all – professionals, homemakers, students and anyone seeking peace of mind. Whether you are looking for stress relief, clarity in decision-making or simply a meaningful break from routine, you will find something valuable here. No prior experience of meditation is required.

## WHAT YOU WILL GET IN THE RETREAT

- Simple and powerful tools to manage stress & emotions
- Practical insights to handle daily life challenges in ease
- Guided Rajayoga meditation experiences
- A calm, natural environment for reflection
- Personal takeaways can be applied immediately in life



## THE VENUE AND FACILITIES



Happy Village Retreat Centre is a serene campus of the Brahma Kumaris, situated amidst natural surroundings at Podavur, Sunguvar Chathiram, Sriperumbudur Taluk. The calm atmosphere, combined with meditation halls and residential facilities, makes it an ideal place for inner reflection.

Sessions will be conducted by experienced Brahma Kumaris faculty members who bring years of practice in Rajayoga meditation and expertise in guiding people from all walks of life.

## SESSIONS OF THE RETREAT

The retreat will cover a series of simple yet profound sessions, designed to meet real-life needs:

- Light of Awareness – Realising the Soul
- The Supreme Bond – Connecting with the Divine
- The Subtle Art of Thought – Mastering the Mind
- Destiny and Deeds – Living the Law of Karma



- The Subtle Balance – Using the Eight Powers
- The Gift of Gratitude – Living with Appreciation
- The Heart of Harmony – Building Better Relationships
- The Power of Stillness – Experiencing Rajayoga

## ABOUT BRAHMA KUMARIS

The Brahma Kumaris World Spiritual University, established in 1937, is a global organisation working in over 130 countries. It is dedicated to peace, values and self-transformation through Rajayoga meditation. As an NGO with the United Nations, the Brahma Kumaris engage in projects for education, women empowerment, environmental sustainability and global harmony. All its services are offered free of cost.



## ABOUT RAJAYOGA MEDITATION

Rajayoga is a simple, open-eyed meditation that connects the self with the Supreme Source of peace and power. It helps you realise your true inner self – the soul – and strengthens the mind to live with clarity, balance and happiness. It is not about rituals or renunciation, but about creating peace in daily living.



த ஷ்ப்ட = மாற்றத்திற்கான ஆன்மீக முகாம் நம்மை யார் என்று அறிந்து, இறைவன் அன்பு-சக்தியை அனுபவித்து, எண்ணத்தைக் கட்டுப்படுத்த, உள்ளார்ந்த சக்திகளை வளர்த்து, நன்றியுணர்வு & உறவுகளில் சமநலையைப் பேணிக் கொண்டுவந்து, இராஜயோக த்யானத்தின் மூலம் ஆழ்ந்த அமைதியை அனுபவிக்க வழிகாட்டும் ஆன்மீகப் பயணமாகும்.