



Thursday the 4th of April, 2019 | 8 AM - 11:30 AM  
Shiseido SPA - StejariiCountry Club

# WELLBEING IN MODERN LIFE & WORKING ENVIRONMENTS



**Swami Abhishek Chaitania**  
Meditation master | Hindu priest



**Val Voicu**  
Wellbeing activist | yoga scientist



**Mihai Albu**  
Phronetik® art therapist

Be a pioneer in creating stress-free workplace!

Working in HR, management or entrepreneurship? Do you want stress free and mindfulness work-teams?

Shiseido SPA invites you to explore the why, what, and how encouraging chill moods and wellness in your workplace. Come to be inspired by our experts in wellbeing & inner-self health. We will be honored by the presence of Swami Abhishek Chaitanya (meditation master).

## What do you get?

There's a lot of buzz around "workplace wellness" and for good reason. The modern day work environment, with long periods of sitting, quick takeout meals in-between meetings and computer screen eye strain, isn't conducive to the mental and physical wellbeing. It's obvious that the compensation and benefits policy is NOT enough having happy and healthy productive employees!

**Join us on Thursday the 4th of April**, and immerse yourself in the perfect fusion of knowledge and practical experience of wellbeing state under the guidance of some of the best minds on the topic. Explore **what wellbeing really means** and **how to design a strategy** for making employees happier -> it has proven to result in better productivity, lower healthcare costs and less staff turnover.

The Silicon Valley leaders (Google, Apple, Nike, Microsoft, P&G, Netflix etc.), have proven that **rethinking work** is not only possible through wellness programs but it's a necessity!



Thursday the 4th of April, 2019 | 8 AM - 11:30 AM  
Shiseido SPA - StejariiCountry Club

## THE AGENDA

8:15 - 8:45	Registration & Welcome coffee
8:45 - 10:00	What are the subconscious impressions   Intellect & emotions   Rethinking human being in the industrial era <b>Swami Abhishek Chaitanya Giri Maharaj</b>
10:00 - 10:15	coffee break
10:15 - 11:00	How to control the state of quiet within   how the mind works <b>Val Voicu</b>
11:00 - 11:30	Rethinking inner-self wellness through Art-Therapy <b>Mihai Albu</b>

## SPEAKERS

### **Swami Abhishek Chaitanya Giri Maharaj**

**Maha Mandaleshwar** - the highest title awarded to Dashanami Hindu monks | One of the few experts in the world in Vedanta & Gyana Yoga | he studied Psychology and Behavioral Sciences @ University of Bombay.

### **Val Voicu**

**Wellbeing Activist & Yoga scientist** | he has 28 years' experience in Hatha yoga, Jnana yoga, Raja yoga & Bhakti | he designs wellness programs for companies | [yogasat.ro](http://yogasat.ro) founder.

### **Mihai Albu**

**Adlerian psychotherapist** | Phronetik® art therapist | Adlerian psychotherapist | A.R.T.E. (Romanian Association of Expression Therapies) founder | he organises the only basic professional training program in art therapy (Phronetik®) in Romania.

## DETAILS

Price	300 lei
Booking (until 3 April) & Registration	Phone: 0744332286 Email: <a href="mailto:reception@stejariispa.ro">reception@stejariispa.ro</a>