

# LIVING YOUR POTENTIAL CONFERENCE

WITH AMARJIT SINGH

SUNDAY, 24 OCTOBER, 18:00 - 19:30. MAHA YOGA CENTER, BRUNNENSTR. 147 BERLIN

AMARJIT WILL DISCUSS HOW TO DEVELOP YOUR POTENTIAL AND FIND YOUR LIFE PURPOSE. HE WILL ALSO TALK ABOUT HOW HE USES SCIENTIFIC HAND ANALYSIS AND YOGA THERAPY TO HELP PEOPLE DISCOVER THEIR PURPOSE AND GUIDE THEM TOWARD THEIR POTENTIAL.

WE WANT TO FEEL THAT WE ARE GIVING OUR BEST IN LIFE: THAT WE ARE MOVING TOWARD OUR POTENTIAL. YET, WE OFTEN FEEL FRUSTRATED BECAUSE WE KNOW WE COULD BE ACCOMPLISHING MORE. WE CAN REALIZE OUR POTENTIAL, IF WE ALLOW OURSELVES. OUR EXTERNAL EXPERIENCE IS JUST A PROJECTION OF OUR INTERNAL EXPERIENCE. TO CHANGE OUR PATTERNS AND HARNESS OUR POWER WE HAVE TO UNDERSTAND THE PSYCHOLOGICAL BLOCKS THAT HOLD US BACK. WE HAVE TO TRANSFORM THE INTERNAL.

## TOPICS TO BE COVERED:

- UNDERSTANDING THE RELATIONSHIP BETWEEN YOUR LIFE PURPOSE AND YOUR POTENTIAL
- DISCOVERING YOUR LIFE PURPOSE AND ACHIEVING YOUR POTENTIAL
- BECOMING AWARE OF EXISTING PATTERNS IN YOUR LIFE
- CREATING NEW PATTERNS OF LIVING
- REMOVING OBSTACLES PREVENTING YOU FROM YOUR POTENTIAL
- UNDERSTANDING, APPRECIATING, AND CELEBRATING YOUR POTENTIAL
- LEARNING YOUR LIFE PURPOSE THROUGH SCIENTIFIC HAND ANALYSIS
- ACHIEVING YOUR POTENTIAL THROUGH YOGA



AMARJIT SINGH IS A TRANSFORMATIONAL COACH HELPING PEOPLE REALIZE THEIR POTENTIAL. HE USES *SCIENTIFIC HAND ANALYSIS* TO GET TO THE CORE OF A PERSON'S BEING, *TRANSFORMATIONAL COACHING*, BASED ON THE PRINCIPLES OF YOGA PSYCHOLOGY - FOR THE ENCOURAGEMENT AND GUIDANCE TO LIVE THEIR

POTENTIAL, AND *KUNDALINI YOGA THERAPY* FOR THE PHYSICAL AND MENTAL ATTITUDE TO PUT IT INTO ACTION. IN ADDITION TO COUNSELING HE IS A WRITER AND KUNDALINI YOGA INSTRUCTOR.

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