



A day of workshops, discussion, music, and more

With

Drs. Sunder Arora and Rupinder Arora,

authors of

"Ushering in Heaven:" A Psychiatrist's Prescription for Healing, Joy, and Spiritual Awakening.

Where: At The Royal, 1145 Carling Avenue, Ottawa.

When: Friday May 10th, 2013, 8.30 - 4:00pm

Be... Transformed... Enlightened... Enriched...

Educational Objectives:

1. Practice effective ways to develop real happiness in everyday life.
2. Why and How to shape our brains to be peaceful and happy.
3. Appreciate the transformative value of expanded awareness and joy.
4. Understand the dynamics of suffering from a holistic perspective.
5. Understand the interface between science and contemplative wisdom.

Sunder Arora, M.D. has been an adult and child psychiatrist for over 30 years, a faculty member, University of Ottawa, an interfaith minister, yoga teacher, family man and an inspiring spiritual teacher. He creates a bridge between science and spirituality, worldly life and mystical realms.

Rupinder Arora, M.D. is a holistic psychotherapist, interfaith minister, yoga teacher, wife and mother; she has been in private practice in Ottawa for 25 years. She is deeply committed to her own spiritual quest and skillfully weaves together a tapestry of East Indian wisdom and modern science.

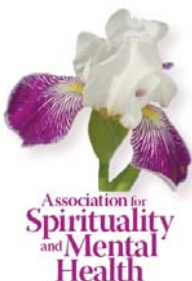
CLICK HERE TO REGISTER NOW!

Fee: \$100. (Regular) \$50. (Students)

Or go to www.theroyal.ca

For more information contact: marieconstance.morley@theroyal.ca or call 613.722.6521 x 6535

Sponsored by:



Spiritual and Cultural Health





Mental Health - Care & Research
Santé mentale - Soins et recherche