



#TheEnlighteningIIM

## Cultivating Equanimity and Focus **MINDFULNESS RETREAT**

A 5-day retreat for Academicians, Working Professionals and Independent Consultants, Leaders and Future Leaders.

### **PROGRAM DATE**

**24th Feb – 28th Feb 2025**

### **Program Directors**



**Dr. Nidhi Mishra**



**Dr. Teena Bharti**

For more details visit: <https://iimbg.ac.in/mindfulness-retreat/>

## BENEFITS

- Develop a deep understanding of mindfulness and its applications in the workplace.
- Become a mindfulness facilitator
- Boost organizational success
- Improve your well-being

## HIGHLIGHTS

Reflective and Experiential sessions

In-depth exploration of mindfulness applications for workplace

Exposure to research and real-world case studies

## RETREAT COVERAGE

Origin of Mindfulness

The Science Behind Mindfulness

Cultivating Present Moment Awareness

Emotional Intelligence

Stress Management

The Power of Kindness

Achieving Work-Life Balance

Mindful Leadership



24th Feb 2025 to 28th Feb 2025  
5 day retreat (30 hours)



Fee for Indian Participants: INR 35000 + GST  
Fee for Foreign Participants: USD 1000 + GST

Duration : 5 days (30 hours)

Dates: February 24th - 28th, 2025

Location: IIM Bodh Gaya Campus

**REGISTER NOW**

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