



SHARAN Lifestyle Advisor

4-Day Training Program

- Do you want to improve the effectiveness of your vegan lifestyle message?
- Do you want to increase the adoption of lifestyle changes that you recommend?
- Do you want to ensure permanent behavioral changes by understanding human psychology?
- Do you want to help SHARAN meet its goals of spreading veganism in India and the world?

If you answer YES to any of the above,
then this program is just for you.

Requirements

- You need to have completed any one of SHARAN health seminars for foundational background information. If you have not attended any of our seminars, please get in touch and we will tell you how you could attend one to qualify for this program.
- A short write up on why you want to do this program and how it will be useful to you.

Course Description and Program

This course will take place in the beautiful international spiritual township of Auroville.

We will have theory and interactive sessions every day. The tentative daily schedule is below.

Daily program – Day 1 to Day 3

From	To	Topic
7.00 am	8.30 am	Pranayama/ Yoga course (optional)
10.00 am	12.00 pm	Introduction and theory
12.00 pm	12.15 pm	Break
12.15 pm	1.30 pm	Interactive Cooking Class
1.30 pm	2.30 pm	Lunch

Sanctuary for Health and Reconnection to Animals and Nature

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2.30 pm	3.30 pm	Theory and discussion sharing
3.30 pm	3.45 pm	Break
3.45 pm	5.30 pm	Interactive session or Talk by contributors

Day 4 will be spent sightseeing and is optional

There will also be an opportunity to share your experiences - and specific obstacles that you have faced. We will discuss how these issues can be solved or managed.

This program is about 'Making it Happen'. It is about removing barriers to permanent adoption of vegan lifestyle changes.

This program provides you with tools to efficiently handle all situations. We hope you will come armed with questions as well as solutions and insights that you have experienced while delivering the healthy lifestyle message. Dr Nandita Shah will conduct the program along with other resource people.

We will also provide you with support materials to start your own programs

Place : Auroville
 Dates : 15th to 18th March 2012
 Course fee : Rs. 6,000 per person

Arrival Information

Auroville is best reached from Chennai airport or train station. You may book taxis for the 3-hour road trip to Auroville. Taxis are less expensive if organized from Auroville (approx: Rs. 2,000). Please let us know at the earliest if you want us to book one. Additionally, if you so desire - we will coordinate taxi-sharing if other participants are reaching Chennai around the same time.

You need to reach Auroville at least one day before program start date.

Accommodation

We have temporarily booked basic and clean rooms in centrally located guest houses. (approx. Rs. 500 - 600 / night for single rooms.) If you want higher level accommodations, you may either book them yourself or we can try to help you book these as well. In case you like to share a room, please let us know too. We will find a suitable room mate from amongst the participants. You may also want to use this opportunity to take time off with your family. If you need a double room or an extra room or extra beds - let us know soon and we will make suitable bookings. If you would like to stay longer, please let us know and we will forward the request to the guesthouse.

Please let us know at the earliest since this is a peak travel season in Auroville.

To register contact Tanvi at tanvi@sharan-india.org

We will also organize a complementary group tour of Auroville and Pondicherry on the last day of the training program.

It is important to book this event early because –

- **We are offering only 20 seats for this training program.**
- **This is the best - and the busiest - time for travel to Auroville, and advance accommodation bookings is strongly recommended.**