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Dear Friends,

It was highly stirring to see your vast response for our feedback and renewal request. We thank you whole heartedly for your enduring support and absolute cooperation in all our endeavors.

Last month Mrs.Ponni Concessao's presentation gave an interesting insight into three types of interior designing namely, Classical, Contemporary and Zen. Mr.Prasanna's speech that followed reassured the fact that it is possible to create beautiful interiors with a limited budget if only the right decisions are made. The presentation on Modular Kitchen by Italian Cuisine kindled all the culinary senses of the audience.. Finally Wipro did educate us on how to see things in a better light. In total the day set everyone build dreams about their designer homes.

'Peace of mind' – This seems to be the most sought after 'commodity' in human life since time immemorial. It appears that most of us are in a state of perpetual restlessness and find it very difficult to maintain the bio rhythm in our body throughout the day in a sustained manner. The sorrowful memories of the past bring 'tears' and the anxiety about the future brings up 'fears'. How then do we bring in 'cheers' in our lives and the family? It is only through harmonizing our Body and Mind that we can rejuvenate our Selves – our Aura. This month we have **Mr.Arun Madhavan**, a renowned Spiritualist and the Founding Chairman of The Art of Living, to address us on '**Your Aura....Your Sakthi....**'

Date : Tuesday, September 12th, 2006

Time : 11:00 A.M.

Venue : Nanjai Hall, Hotel Sangam, Trichy.

Arunji being a sought- after speaker and Seminar Leader at several forums in several countries, he shall share some practical tips on Health, Hygiene and Harmony. This talk will help us to understand what aura is all about scientifically. He is an eminent spiritual singer with many albums to his credit. This, promising to be a truly invigorating session with meditation and music, bring in all your queries on the art of living and carry home your rejuvenated selves to cherish the joy of living this precious life.

This programme being the one of its kind in Trichy, we are opening out to guests too with a registration fee of Rs.300. So those interested please contact us on or before September 8th.

Man is a product of his thoughts. What he thinks he becomes