

Workshops at the Regional Retreat

[9/5/2015 \(Saturday\)](#)

[Workshop #1: "You Are What You Eat", by Neeta & David Sanders](#)

This interactive workshop will focus on the ways to developing healthier body and peaceful and happier life, freeing one's mind to escalate on the spiritual path by observing simple vegetarian diet. It is based on scientific evidence supported by the teachings of Bhagavan Sri Sathya Sai Baba on the foods we should consume. The workshop will also contemplate on the health, humanitarian, environmental, spiritual and economic reasons why adopting a vegetarian lifestyle is essential in this day and age.

[About the Sanders:](#) Neeta Sanders was born and raised in Hong Kong, China. She has been in Swami's fold for 40 years during which has had numerous interactions and miraculous events with Swami. By profession she is a certified Nutritional Therapist and an author. David Sanders was born and raised in the US. He has a degree in Computer Science, and works as a Enterprise Domain Architect at Ernst & Young. David has been in Swami's fold for 20 years. In his spare time, he consults about spiritual growth and behavioral issues and has conducted numerous workshops in Atlanta and the southeast US region on food, health, and meditation.

[Workshop #2: "A song on my lips and I sing to you" - by Krishna Prayaga](#)

A lively and interactive workshop on being a lead singer at Sai centers. The attitude and techniques that please Swami. Tips to achieve the unity of Raga (melody), Bhaava (devotion) and Taala (beat) and thus enhance the quality of the center bhajans. Individual suggestions for improvements will also be given depending on availability of time.

[About Krishna Prayaga:](#) Krishna Prayaga was born in a Sai family in a small town – Narasanna Peta – near Visakhapatnam in India. He was a Balvikas student, a sevadal, and an active member of the devotional group in Visakhapatnam. During this pilgrimage, Swami graciously spent time with this youth group – blessing them with interviews and opportunities to sing in His presence. Krishna Prayaga is an Attorney by training; Swami graciously directing him to change careers which led him to software consulting and contracting. He has been a member of East Brunswick Sai center since moving to New Jersey. Learnt Carnatic and Hindustani classical music. Harmonium is his favorite instrument. By Swami's grace, he composed numerous bhajans and has produced bhajan albums (Audio CDs) - namely Sai Charan, Sai Maa Sharanam, Sai Shivoham, Sai Rama Sharanam, Sai Krishnaamritam which were blessed by Bhagawan himself. Presently working on Sai Geetajali series by Swamy's Alumni. He served Swami as the president of Bridgewater Sai Center and presently an active member.

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9/6/2015 (Sunday)

Workshop #3: "Finding Sai Within Through Meditation", by Neeta & David Sanders

Swami says, "there are two roads to fulfillment: prayer and meditation. Prayer makes you a supplicant at the feet of God. Meditation (dhyana) induces God to come down to you and inspires you to raise yourselves to Him; it tends to make you come together, not place one in a lower level and the other on a higher".

In this workshop will offer techniques of meditation as prescribed by Swami.

Workshop #4: "Study Circles Done Right", by Dr. Axay Kalathia

This is a hands on workshop where we will break into small groups and discuss and demonstrate best practices as well as pitfalls commonly encountered in study circles. Emphasis will be on play acting, humor and practical demonstration rather than lecture and review of guideline material.

About Dr. Axay Kalathia: Axay is currently the devotional coordinator for Region 3. Over the years, he has been active serving His organization as an SSE teacher, YA advisor, Service Coordinator, Vice President and President at the Tampa Bay Sai Center.

He has also served as Regional YA adviser, Regional Vice-President and Regional President.