

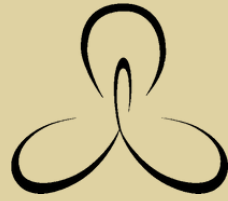
6 Weeks || 16+ Experiments || Limitless Possibilities

Listen  
Breathe  
&  
See



Designed & Offered by  
**Kaushiek Pranoo**

*Unlearning Ashram*



*Namaskaram!*

*Thank you for considering the Listen, Breathe & See Journey*

## *How ALIVE have you truly felt in the last 24 hours?*

*When was the last time you can confidently say, you had one full bout of 24 hours when you were completely at peace from within, were incredibly joyful and totally 'alive' to everything that is within and around you?*

*Is our experience of life that there are a few occasional days of imbalance and breakdowns in an otherwise lively, peaceful and joyful life? Or have we normalized a life of daily imbalances, anger, doubt, fear and distress that we have to really look back to find a few occasions we were truly joyful and alive to the magic of life?*

The secret to a fulfilled life lies not just in 'what' experiences we gather, but 'how' we qualitatively experience every moment. Everything we 'do' - our habits, interactions with people, travel, work and hobbies, and everything we 'have' or wish to have - our jobs, wealth, family and dreams, are all an expression of a longing to experience 'well being', whatever it means for each of us. In other words, consciously or unconsciously, we hope to impact our quality of 'being' by 'doing' and 'having' certain things.

This is a highly inefficient strategy and can only allow us to be forever 'in pursuit' of happiness, peace and other means of fulfillment and cannot empower us to see the possibility of fulfillment that can be found in every here and now. For most people, life seems well as long things fall into place our way, but if even one thing falls out of place, everything can come crashing down. This inevitably breeds anxiety, fear, doubt, jealousy and various levels of dissonance within us, rooting us in our insecurities. If we do not unlearn and re-imagine this experience of life, it will continue to allow us to be mere puppets of our circumstances.

*Listen, Breathe & See* (LBS) is an invitation, to unlearn and re-prioritize our approach to life - to put our state of 'being', our quality of experience of life first. The 6 week journey is designed to open up a world of possibilities for all those who are willing, to explore and discover our own autonomy and innate wisdom to truly come alive to the experience of life. As a guided journey of focused experimentation, observation and supportive practices, LBS facilitates an experiential shift towards bringing enormous attention and presence to our daily experience of life and unlock the profound capabilities we hold as human 'beings'.

Whether we wish to take charge of our mental and physical well being, experience our human relationships more profoundly and/or wish to have a meaningful impact in shaping the world, or address the deepest questions of our existence & the universe, it begins with bringing a sense of deep awareness and attention to life - to seek and know for ourselves, first hand, how we can empower ourselves to experience life with grace & be alive to life every single day, no matter what challenges may come our way !



“

*From the moment we come alive inside the womb,our ability to **'Listen, Breathe & See'** is quite literally what opens up for us (in that specific order) as possibilities to know the world within & without.*

*If one knows how to truly tap into these profound possibilities deeply enough, they can lay the foundations to transform themselves in a tremendous way, inside out. A phenomenal sense of physical & mental well being, immensely fulfilling relationships, a significant impact in re-shaping the world and an all-inclusive experience of all of life are all just consequences of this radical revolution that is self transformation.*

”

– Kaushiek Pranoo

# Journey Overview

## 6 Weeks || 13 Sessions || 43 Days



Listen, Breathe & See is carefully crafted as a live process which works constantly towards transforming your everyday experience of life both during and off the session duration.

Being a self-led journey of experimentation and deep observation, your willingness and commitment to the course through daily journaling, experiments and practices, especially during off-session periods, will determine the quality and impact this journey can have on you.



# Course Elements



## Daily Journaling & Sharing

Journaling is a crucial part of this journey. At every stage, you would be required to closely observe and reflect on your patterns and experiences of the experiments/practices each day and share a summary with the cohort. *Please note that journaling is a NON NEGOTIABLE component and an essential requirement of the course. Please ensure you are mentally prepared to commit to this practice if you are applying for this course.*

## Weekly Experiments & Practices

As a journey of exploration through experimentation and observation, there will be specific practices and/or assignments/experiments to engage with each week. These are carefully designed to help deepen the impact of what we are exploring and integrate it into your everyday experience. Based on the sharing of your personal experiences, personalized modifications may be suggested for individuals wherever necessary. *It is important that you set aside 30-45 minutes everyday for these practices and journaling reflections.*

## 7 weekend sessions (~ 3 hrs each)

Tools are possibilities of transformation. But tools, including tools of inner transformation are only useful when applied in the right context. Creating the right ambience within and without is essential in introducing a tool with the right context. This is why many mystical traditions have highly emphasized this for thousands of years. The sessions on Sunday (~3 hrs each) introduce tools and activities, setting up the right context and ambience for our journey. *Your full presence and attendance for all sessions is vital so you can receive and prepare yourself as needed at every stage of our exploration. This is also why session repetitions or sharing recordings will not be possible.*

## 6 mid-week sessions (~ 90 mins each)

The mid week sessions are an opportunity to share insights and reflections from our own experiences and witness and learn from the wisdom of others. As a live process, *the inputs you share through daily check-ins and during the mid-week sessions goes a long way into adapting the course specific to the needs of the group and the individuals.*

# Schedule

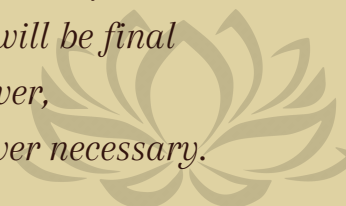


<u>THEME</u>	<u>DATE</u>	<u>DAY</u>	<u>TIME (INDIA)</u>
<b><i>The Alchemy of Transformation</i></b>	<b>Sep 5</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>
	Sep 8	Wednesday	07.30 p.m - 09.00 p.m
<b><i>Body Wisdom</i></b>	<b>Sep 12</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>
	Sep 15	Wednesday	07.30 p.m - 09.00 p.m
<b><i>The doorway that is Breath</i></b>	<b>Sep 19</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>
	Sep 22	Wednesday	07.30 p.m - 09.00 p.m
<b><i>The Stories We Tell Ourselves</i></b>	<b>Sep 26</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>
	Sep 29	Wednesday	07.30 p.m - 09.00 p.m
<b><i>Deep Listening</i></b>	<b>Oct 3</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>
	Oct 6	Wednesday	07.30 p.m - 09.00 p.m
<b><i>Of Life &amp; Death</i></b>	<b>Oct 10</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>
	Oct 13	Wednesday	07.30 p.m - 09.00 p.m
<b><i>The Flame Within</i></b>	<b>Oct 17</b>	<b>Sunday</b>	<b>06.00 p.m -09.00 p.m</b>

Please check session timings equivalent to your relevant timezone **here**.

## Please Note

- *The themes mentioned in the schedule are tentative. The actual flow of the course will evolve based on what is emerging for the group and what the diverse backgrounds participants come from.*
- *The time table mentioned here may be subject to change if there are unavoidable circumstances. Participants will be intimated of the same as early as possible. For the sake of logistical ease, organizers' call will be final*
- *In case you happen to miss out on a session, repetition of the sessions will not be possible. However, on a case to case basis, we can try to find ways to ensure you don't miss out on continuity wherever necessary.*





# First-hand Experiences



*Listen Breathe & See is a gift and a possibility that invites you to question everything you already know at a subtle level and uses that to make a whole new YOU. The experiments, group sessions and practices are paced in a comfortable, cool and clever rhythm that makes it easy to uncoil and rediscover what is lost in life for most us. Kudos to Kaushiek for this offering and his effort to include participants from diverse financial backgrounds.*

**Kishore Chanduru**, Architect, Head of Design, Aurobindo Realty & Infrastructure

*The course helped me to create more space within me to observe my behavior patterns and motivated me to continue challenging myself. It is a great reminder on the importance of staying in the present - to value and grow from it. It helped me deepen my process of centering myself and embodying the capacity and joy of observing even the little things that happen everyday, simply for what they are. It has helped me open up and accept that self-discipline & commitment play an important role in my journey.*

**Marilú Mapengo Námoda**, Artist & Activist, Mozambique/The Netherlands

*The experiments and practices in LBS helped me find out for myself and see, practically, what it meant to put many of the things I have been exploring about spirituality into practice, including being in the now. The course work is profound. Kaushiek's approach in design & facilitation is always catalyzes the process of allowing us to fully experience the sacredness of the offering at our own pace. It is a deeply nourishing journey that has brought changes within me so subtly that I never even noticed at first. But in so many ways, it has profoundly impacted my inner and outer world, which, I can now see are so intricately connected.*

**Shameena**, Digital Marketer, Natural Living & Wellness Facilitator, Tamil Nadu



# Contribution



The contribution amount for this course intends to honor,

- Facilitated course content ( 30 hours in total )
- Designed experiments and powerful practices for well being
- Personalized support and corrections as necessary
- Logistics, organizing & facilitation costs

*To know contribution amount and further details,*

For Indian participants, [click here](#)

For International participants, [click here](#)

## Course Registration

[Register here](#)

or visit [tinyurl.com/LBSRegisterNow](https://tinyurl.com/LBSRegisterNow)

## Cancellation Policy

If you wish to cancel your registration before the course begins, *Rs. 1000 (Indian) or EUR 45 (International)* will be retained as a non-refundable fee since this programme offers limited spots and we would have reserved a spot for you. No refund would be possible for withdrawals once the programme begins.





# Doorway to Possibilities

Completing the *Listen, Breathe and See* Journey opens up access to world of further possibilities for deepening this journey towards your self transformation with fellow seekers.

## ReIgnite



*ReIgnite* is a growing community offered exclusively for those who have experienced the *Listen, Breathe & See* journey. It invites dedicated seekers and practitioners to find creative and practical way of deepening their daily practices and deepen their quality well being as a community. Weekly calls offer unique opportunities to revisit and deepen LBS practices and themes, receive practice corrections, *Q & A* sessions, check-ins in safe spaces & game nights!

*Authentic Self Care* is an advanced level course that builds on the foundations of *Listen, Breathe & See*. It is dives deeper into bringing an understanding and experience of the profound and potent applications of applying our body, mind, energies, the natural elements & senses as effective faculties for our well being such that you can handle life situations with grace and clarity.

## Authentic Self Care





## About the Facilitator

Disillusioned by the life he was taught to live, Kaushiek Pranoo walked out of his corporate job, left the comforts of his family and city life and turned down an offer for an international advanced degree in search of a way of life that can feel more meaningful, self-reliant and deeply fulfilling. He traveled the country exploring various alternative living spaces, deeply questioning various aspects of life and the society and actively began reshaping his life consciously based on his unlearning experiences. He spent a few years living with & learning from the profound wisdom and way of life of indigenous communities in South India and has been immersing himself in Yoga as a 'sadhaka' for 12 years.

Based on his own love for experimentation and wanting to know life 'first hand' through direct experience, his offerings address human transformation by facilitating people to empower themselves through conscious experimentation and unlearning to bring enormous sensitivity, clarity and inclusiveness to their daily experience of life. Rooted in yogic knowledge systems and incorporating elements of psychology and psychotherapy, his sessions draw from the authenticity of his own personal experiments and insights as well as his experiences facilitating spaces around diverse themes around interfaith harmony, community building, safe spaces for community based healing, gift economy, self-designed learning & unlearning pedagogies, conflict transformation, identity work and yogic practices. He is passionate about decolonizing our narratives and reclaiming our autonomy around our well being and determining the quality of experience of our lives.

He is the co-founder of **“Unlearning Ashram”** - a collective of offerings inviting people to slow down and practically reshape their lives through experiential unlearning journeys. He has facilitated for *The Dalai Lama’s Foundation (FURHHDL)*, *Swaraj University (Udaipur)*, *YES! Jams in India*, *Youth Alliance of India* and *Learning Unconferences*. He is a member of the *Global Jam Leadership Community*, *Indian Mutiversities Alliance* and *Ecoversities Network* and has been part of *International Association of Facilitators*. He enjoys writing articles, poetry, storytelling, dabbling with various music instruments, cooking and loves taking leisurely two-wheel drive through the landscapes of Kerala with his partner Shruti.

You can follow his explorations on social media @**kaushiekpranoo**

