

# Sanehā

## Becoming Gurū-Centered

10 March 2012 | Bridgewater, NJ, USA

*Sanehā is a series of workshops specifically catered to meet the needs and desires of a particular audience. Essentially, participants attend personal and community development sessions that seek to foster the Sikh values based on Gurmat traditions: Sikh scripture, history, and discipline. Other principles of universal significance are also incorporated that do not disturb the harmony of the Sikh faith.*

The Sikh Research Institute offers a variety of theme-oriented sessions for emerging leaders in the community: students (high school and college), young professionals and adults. Each event seeks to facilitate learning while enhancing personal development and growth for each participant.

Through each program, workshop presenters provide an opportunity for the participants to ask questions and seek an answer through discussion and interpretation.

<b>Date</b>	10 March 2012
<b>Time</b>	9:30 am – 4:00 pm
<b>Location</b>	Bridgewater Gurdwara (Khalsa School Hall) 977 Washington Valley Road Basking Ridge, NJ 07920
<b>Theme</b>	Sidh Gost: Learning through Dialogue
<b>Sponsor</b>	Bridgewater Khalsa School (GSSA, <a href="http://www.bridgewaterkhalsaschool.com">www.bridgewaterkhalsaschool.com</a> )
<b>Registration Fee</b>	\$10.00

This Sanehā event will feature the following sessions:

- ❖ Session I Bānī: Structure, Sidhs & Observations
- ❖ Session II Religion, Life, Gurū & Yogā
- ❖ Session III Gurmukh, Manmukh, Satigur & Sabad
- ❖ Session IV Mentor: Protégé, Suffering & Reflections
- ❖ Session V Questions & Answers

For more information, please contact:

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SIKH RESEARCH  
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*Preserve. Celebrate. Inspire.*

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