

The Divine

SEWA SANGHA

Festival

*At Parmarth Ashram, Rishikesh
23rd to 25th Oct 2015*

Our Guides and Mentors:



The festival will have following sessions:

Vedanta- Advaita

Understanding Karma through Past Life Exploration

Philosophy of Bhagwat Geeta

Ayurveda Wisdom

Gratitude

Meditation – Techniques and Benefits

Satsang with Pujya Swami ji

Ganga Ma aarti

FOR REGISTRATIONS:

CALL OMRITA 09810013640

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Programmer of the Divine Sewa Sangha Festival
23rd – 25th Oct 2015

Day 1: 23rd October

3pm to 4 pm: The sacred opening ceremony and shower of blessings.

4 to 4.30 pm : Anahata Meditation with Dr. Trupti Jayin. This experience brings in awareness of the present moment and dissolves all negatives of the past thus bringing in clarity and enabling us to experience our true potential.

4.45pm: Inauguration and Divine Blessings by Pujya Swamiji.

5 - 5.45 pm: session on Vedanta, the science which elevates us and teaches us to meditate on the Supreme Absolute. Vedanta is the culmination of human experience and is the purest and the highest knowledge.

6.00 pm : All participants will gather in joy ,reverence and peace on the banks of Ma Ganga to break away from the stresses and strains of life .

Ganga Ma aarti transcends the borders and boundaries of language and culture, diving straight into one's heart, carrying one to Heaven

7 to 8 pm : Sat sang and Q&A session with Pujya Swami ji .

Dinner...8.30pm



Day 2: 24th October

7.30 - 8.30 am: Yoga class with Dr Sanjeev

8.30 - 9.30 am: Breakfast

9.30 am: We are privileged to organize a SESSION with revered Swami Sarvapriyanandaji, a dynamic young monk from the Ramakrishna Order. He will share with us the wisdom and the Philosophy of Bhagwadh Geeta ,its importance in contemporary life and the purposefulness of life .

11:00- 11.30 am: Tea Break

11.30- 01:00 pm: Continuation of the above

1:00 - 3:00 pm: Lunch and rest

3:00 - 4:00 pm: "My work is a prayer for all to heal and open to the ultimate divine presence that lives in us all" - Dr. Trupti Jayin

Over numerous life times most of us accumulate karmic debts within our consciousness and energy fields. This often causes blockages in our lives. Experience a powerful Meditation with Dr.Trupti to release ancestral karma which no longer serves any purpose in your life and break free from bondages, fears and phobias.

4.00 - 4.30 pm : Tea break

4.30 - 6.30 pm: A loving and beautiful session on the gentle grace of gratitude and importance of forgiveness with Ms.Leni Mathews.

6.30 pm : Aarti and Satsang

8.30 pm: Dinner

9:00 -10:00 pm: A special evening of music and dance to merge with the utmost truth of life through Zikr and Sufi whirling.



Day 3: 25th October

9.30 - 11.00 am: Introduction to Ayurveda: Dr.Sanjeev will cover the fundamental principles of Ayurveda, the science of life.

The session will also focus on the doshas and the deep understanding of the mind in relation to the body. You will discover your own unique constitution.

11:00 -11:30 am: Tea Break

11.30 - 1.00 pm: Foods to heal – part II with Dr.Sanjeev

Ayurvedic cooking for healing the body and mind through food. He will teach us how to cook simple meals for family and friends based on their constitution and health.

Q&A session

1.00 - 2:00 pm : Lunch

2.00 - 3:00 pm: Meditation with Dr.Trupti Jayin for trans-generational healing.

We can re-script our lives by understanding our position in the family of our choice. Trans- Generational Healing meditation is a unique and radical method of re framing our spirit's purpose on this earth dimension.

3.00 - 3.30 pm: Sacred ceremony of Fare well and Blessings with all the teachers and guides.

4:00 pm: Departure