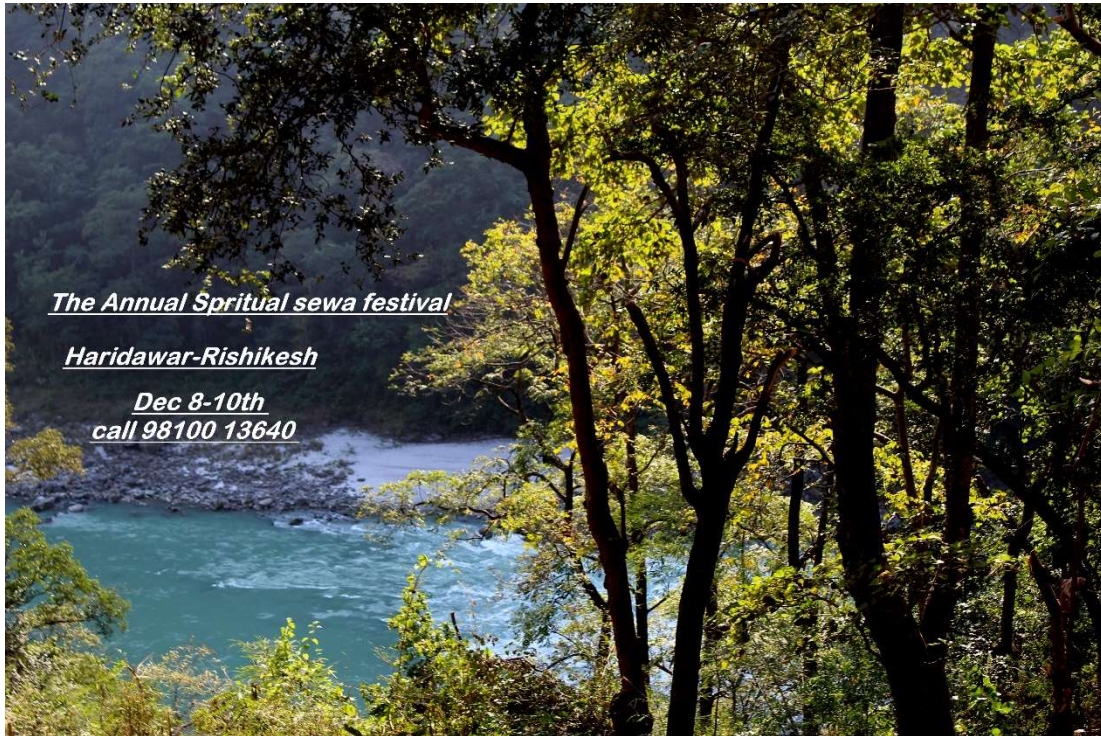




The Annual Spritual Festival :

The Karm-Moksh Retreat

**Contact for registration: Ritali Omrita 98100 13640 & Rajeev
Bakshi 9312654133**



DAY 1

1: 30 PM

3:00 PM – 4:30 PM

4:30 PM – 5:00 PM

5:00 PM – 5:30 PM

5:30 PM – 6:00 PM

6:00 PM – 7:30 PM

7:00 PM – 8:00 PM

8: 15 PM – 8:45 PM

9: 00 PM – 9:45 PM

9:45 PM

DAY 2

7:00 AM – 8:00 AM

8:45 AM

10:45 AM

12:45 PM

1:45 PM – 2:45 PM

2:45 PM

4:30 PM – 6:00 PM

6:00 PM – 7:00 PM

7: 00 PM – 8:00 PM

8:00 PM

DAY 3

7: 00 AM – 8:30 AM

8:30 AM – 9:30 AM

9:30 AM

1:00 PM – 2:00 PM

2:00 PM – 4:00 PM

4:00 PM

DECEMBER, 8th 2017

Arrival at Vyas Ashram , Haridawar followed by Lunch.

Session with Dr.Trupti Jayin. – through past life regression find freedom from persisting patterns.

Vyas Mandir Aarti.

Ganga Aarti at the Ashram Ghat.

Tea Break.

Session with Osho Swami Antar on Life transformation

Chakras cleansing meditation.

Breath work with Dr.Rashmi.

Dinner.

After dinner – bonding over astrology, palmistry, numerology and ayurvedic personal consults.

DECEMBER, 9th 2017

Therapy Yoga for physical issues.

Leave for Rishikesh.

Arrival at Kirti Hermitage and Satsang with Maa Gyaan Suveera on Cosmic Healing.

Leave for Vashisht Gufa.

Lunch at Lemon Grass.

Leave for Parmarth Ashram.

Participants will perform the Aarti Rituals at the Banks of Maa Ganga at Parmarth Ashram.

Visit to the markets.

Dinner at Parmarth.

Return to Haridawar.

DECEMBER, 10th 2017

Therapy yoga and breath work with Dr.Mehrotra.

Breakfast.

Ayurveda wisdom for wellness with Dr.Arun Gupta and Dr.Sangeeta Gupta.

Lunch.

Session with Dr.Trupti.

Completion and bonding exercise.