



www.pdsashram.org.nz
“2025 Summer Full Moon Day”
“Yoga & Meditation Retreat”



PRABHAVATI DEVI SOHAM ASHRAM
Incorporated Charitable Trust: 50121430 | Registered charity - CC61087

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Yoga Clinik
SUCCESS (YASH)
Mind Body

Founder Yogi Nitinananda

Control Mind + Body & Align with Universal Intelligence

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PDS Ashram & Yoga Clinik

are proud and happy to invite you and everyone to the 2025 Summer Full Moon Day Retreat.

Starts at 6PM on Friday 5th Dec 2025 and ends on Saturday 7PM 6th Dec 2025

Designed in such a way that those who cannot attend both days for personal reasons can attend any one day*. It is, however,

recommended to attend both days to reap the full benefits.

* will need to discuss the case-to-case basis and to be agreed in advance.

{Limited seats please book your place & obtain booking confirmation}

Limited Seats, Booking required, No entry without a confirmed booking. Please txt ONLY (NO Calls): 021 180 1650 or email to yogaclinik@gmail.com and collect your unique seat number with confirmation of your booking

- It is recommended that participants get up early and start meditation from 4.30 at their own place and arrive for Guided Group Meditation starting at 7 am.
- It is recommended that participants avoid heavy food during the retreat and focus on yogic practices to reap the most benefits from the Retreat.
- For any more info or questions call/text 021 180 1650 strictly between 2 pm to 4 pm only.
- Clothing: loose and warm clothing and bring your yoga mats. We can provide yoga mats & cushions for

<p style="text-align: center;">Venue: 'PDS Ashram & Yoga ClinIK studio': 9 Basin View Lane, Panmure, Auckland 1072. Program Schedule: Friday the 5th Dec 2025</p>			
Session	Time	Topic	Presenter
	5.15-5.30 PM	Registration	
1	5.30-6.15 PM	Introduction to Relaxation Techniques: SVYASA & IRT	Yoga Master OM
2	6.15-7.00 PM	Yog-Nidra	Yoga Master OM
3	7.00-8.00 PM	Transformation: Purpose of Life	Yogi N
4	8.00-8.30 PM	Introduction to Darkroom Retreat & Chakra Activation	Yogi N
<hr/> Saturday - 6th December <hr/>			
1	5.00-7.00 AM	Mantra Healing & Meditation	Yogi N
2	7.00-8.00 AM	Micro Yoga	Yogi N
	8.00-8.30 AM	Break	
3	8.30-9.30 AM	Astanga Yoga	Yoga Master OM
4	9.30-10.30 AM	Introduction to Pranamaya	Yoga Master OM
	10.30-10.4AM	Short Break	
	Presentation: Importance of Yoga, Techniques & Benefits by Ananda Marg (Path of Bliss):		
5	10.45-1.00 PM	Relaxation, Yoga philosophy, Kirtan	Swami Dadaji
	1.00-2.00 PM	Lunch Break	
6	2.00-3.00 PM	Discourse - Videos - Questions & Answers	Yoga Master OM
7	3.00-4.00 PM	Introduction to Relaxation Techniques: QRT & DRT	Yoga Master OM
8	4.00-5.00 PM	Introduction to Tratak the Concentration Techniques	Yoga Master OM
9	5.00-6.00	Yog-Nidra	Yoga Master OM

Cost: Free for members. [Annual membership fees \$ 50/-]
 Casual Participants [\$ 10/-] **All proceeds go to charity.**