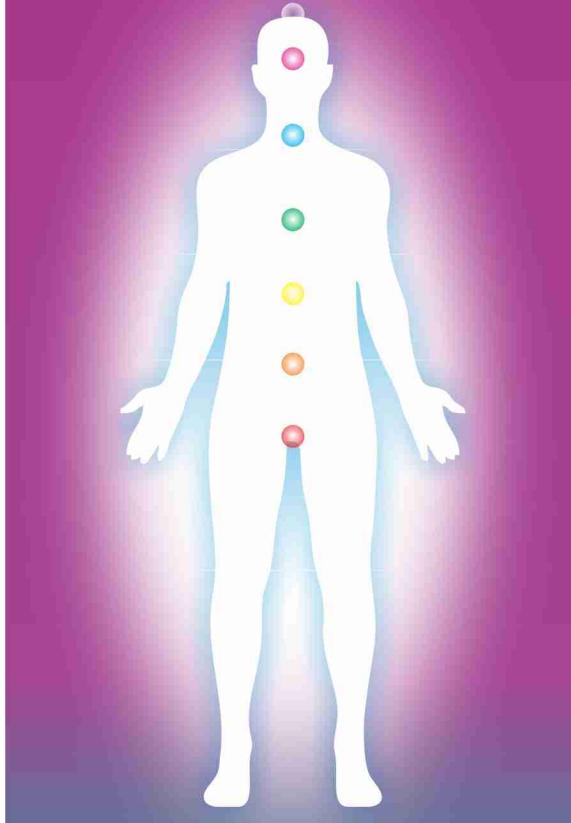




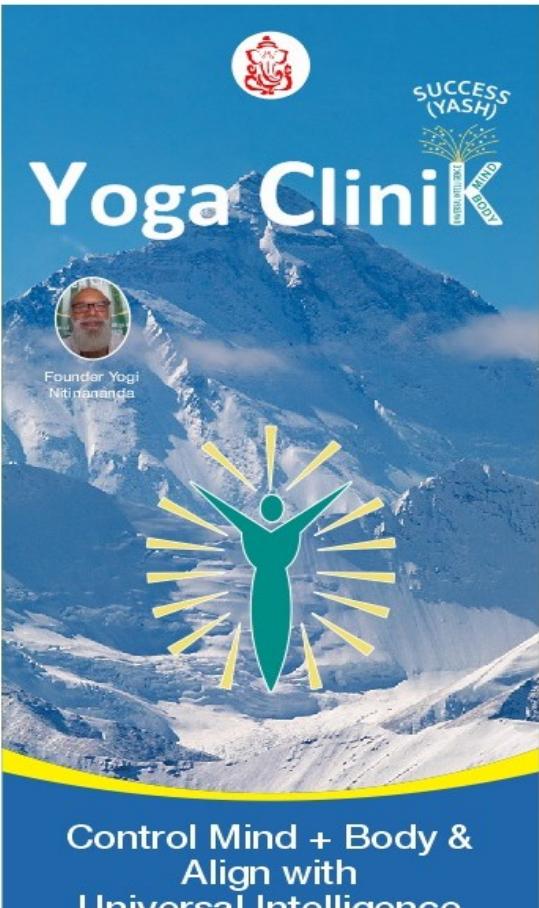
“2023 Spring HERE AND NOW Yoga & Meditation Retreat”

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



www.pdsashram.org.nz
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Yoga Clinik



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 2023 Spring Retreat.
Starts at 7 am on Saturday 23 September 2023 and ends on Sunday 24 September 2023

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}

Venue:

'PDS Ashram & Yoga ClinIK studio': 9 Basin View Lane, Panmure, Auckland 1072.

Program Schedule:

Saturday the 23rd September				
Session	Time	Topic	Teacher	
---	6.30 am to 6.50	Registration		
1	7 am to 9 am	Meditation followed by Mantras & micro Yoga	Yogi Nitinananda	
2	9 am to 9.30	Introduction to Pranayama	Yogi Nitinananda	
---	9.30am to 09.40 am	Introduction of teachers and Volunteers		
---	9.40 am to 10 am	Tea/Coffee Break		
3	10 am to 11.30	Hatha Yoga	Yogini Ekta	
4	11.30 am to 12 pm	Mindfulness-Based Stress Reduction	Trustee Yogi Nilanchal	
---	12 pm to 2 pm	Lunch and Rest Break - Vegetarian Lunch will be provided by PDS Ashram		
5	2 pm to 2.30 pm	Relaxation Yoga	Yogini Atisha	
6	2.30 to 3.40 pm	Transformational 'Purpose of Life'	Yogi Nitinananda	
7	3.40 pm to 4.30 pm	Learning Mudras	Yogini Atisha	
8	4.30 pm to 5 pm	Yog-nidra/Talk/Q&A/Closure	Panel of Teachers	
Sunday the 24th September				
Session	Time	Topic	Teacher	
1	7 am to 9 am	Meditation followed by Mantras	Yogi Nitinananda	
2	9 am to 9.45	Introduction to Pranayama	Yogi Nitinananda	
---	9.45 am to 10 am	Tea/Coffee Break		
3	10 am to 11.30 am	Advanced Pranayama with Sookshma Vyayam	Yogini Ekta.	
4	11.40 am to 12 pm	Introduction to mindfulness-based healing followed by practice post session	Trustee Yogi Nilanchal	
		Brief Break		
5	12.45 till End	Healing Practice	Trustee Yogi Nilanchal	

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

- **Limited Seats. Booking required. No entry without a confirmed booking. Please call/txt: 021 180 1650 or email to ndaklnz@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 those it is not practical to bring their own. It is recommended to have your own gear for yogic sadhana/practice.