



## "2023 Spring HERE AND NOW Yoga & Meditation Retreat"

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



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**Yoga CliniK**  
  
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 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 24 <sup>th</sup> 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
<p style="text-align: center;">Cost: Free for members. [Annual membership fees \$ 50/-]  Casual Participants [\$ 10/-]  <b>All proceeds go to charity.</b></p>			

- **Limited Seats. Booking required. No entry without a confirmed booking.** Please call/txt: 021 180 1650 or email to [ndaklnz@gmail.com](mailto: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.