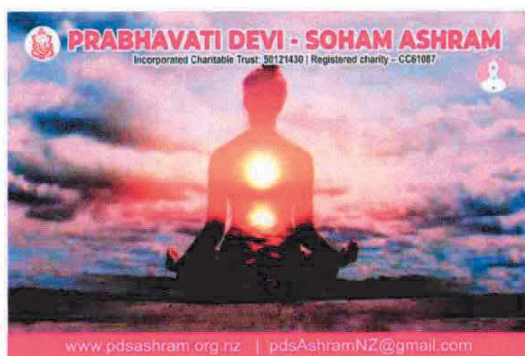




PDS ASHRAM & YOGA CLINIK

Your last chance to FREE – RETREAT

SATURDAR • 10 OCTOBER 2026

Venue: PDS Ashram meditation hall

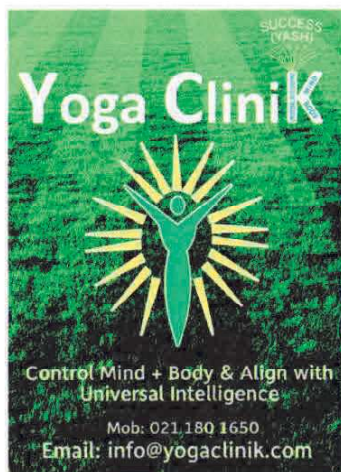
9A Basin View Lane, Panmure

RSVP

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www.pdsashram.org.nz



PROGRAM SCHEDULE

5.30 – 5.40 Welcome & Introduction

5.40 – 7.00 Mantra Healing

Benefits: immerse in Positive Vibrations with sacred mantras: Chakra Cleansing, Balancing & Activation

7.00 – 7.20 Brief Break

7.20 – 8.30 Micro Yoga

Benefits: You will learn the Micro Yoga techniques to activate blood circulation of the entire body. Very essential for everyone to stay healthy. On learning & practicing properly, you will be able to do it on yourself at home, at your time, in 10 to 15 minutes every day and keep yourself healthy.

8.30 – 9.00 Break • Tea – Coffee

9.00 – 10.00 Introduction to Meditation

Benefits: You will learn the correct posture, mudra & its importance. How to reach the meditative state sooner & start getting control on the mind. Essential for everyone to getting control on the Wandering mind & be productive. **10.00 – 10.30 Continue Your Meditation**

10.30 – 12.00 Intro to Breath Work – Pranayama

Benefits: You will learn a few techniques of Pranayama to engineer your body and possibilities of Body Alchemy, essential for trapping your own dormant energy for day-to-day life performance and Spiritual liberation.

Reverser Breathing, Energy pearl, Microcosmic orbits.

Kapalbhati not just breathing—it is a powerful kriya purifies the frontal brain.

Nadi Shodan the beginning of Pranayama Samyama—the union of energies.

12.00 – 14.00 Lunch Break & Rest

14.00 – 15.00 Discourse / Video / Questions & Answers

15.00 – 17.00 Introduction to Darkroom Retreat

Benefits: introduction to basic circadian rhythm Imbalance and its domino effect to psychosomatic diseases. How to achieve optimal serotonin melatonin surge. How can we help you to remove your baggage affecting you in Your life?

Participant will get opportunity to spend some time in Dark room & practically experience it.