


## PDS Ashram Yoga International Day

For Info call/txt 021 180 1650 -  
between 2pm to 4pm only  
More details on: [pdsashram.org.nz](http://pdsashram.org.nz)



**PRABHAVATI DEVI  
SOHAM ASHRAM**

Prabhavati Devi Soham Ashram - Auckland



[www.pdsashram.org.nz](http://www.pdsashram.org.nz)  
Email : [pdsAshramNZ@gmail.com](mailto:pdsAshramNZ@gmail.com)

## Daily Program

### Booking required

6.30 am to 6.50 am: Registration  
7 am to 9 am: Meditation followed  
by Mantras.  
9 am to 10 am: Tea-coffee Break  
10 am to 11.30 am: Yoga session  
11.30 to 12 pm: Questions & Answers.  
12 pm to 2 pm: Lunch and Rest  
Break  
2 pm to 3 pm:  
Talk/Discourse/Meditation  
3 pm to 4 pm: Yoga session.  
4 pm to 5 pm: Yog-nidra/Talk/Q&A  
Cost: Free for members. [ Annual  
membership fees \$ 50/- ]  
Casual Participants [ \$ 10/- per day ]  
All proceeds goes to charity.

## PDSA & Yoga Clinic

is proud and happy to invite you and  
everyone for Yoga International Day 2023  
Celebration Retreat.  
Starts 7 am on 21 June Wednesday  
Ends 5 pm on 25 June Sunday.  
Designed in such a way that those cannot  
attend all 5 days can attend any few days.  
It is recommended to attend all days for full  
benefit.

### Venue:

First three week days the 21st, 22nd & 23rd  
Wed to Friday at 'Prabhavati Devi - Soham  
Ashram', 53 Favona Rd, Favona, Auckland  
2024.  
Last two weekend days the 24th Saturday &  
25th Sunday at 'PDS Ashram & Yoga Clinic'  
studio', 9 Basin View Lane, Panmure,  
Auckland 1072.



## PDS Ashram, AKL

The Prabhavati Devi - Soham Ashram has  
been formed to support, help, guide,  
motivate and generate awareness among  
communities in New Zealand and for the  
promotion of cultural and social awareness  
of Yoga - Meditations and inform, educate,  
encourage, assist and guide members of  
wider community in New Zealand. All  
income and assets will be used to advance  
the organization's charitable purpose of  
benefiting the wider community in New  
Zealand.

## Our Details

PRABHAVATI DEVI - SOHAM  
ASHRAM

Incorporated Charitable Trust:  
50121430

Registered charity - CC61087

Web Address: [pdsashram.org.nz](http://pdsashram.org.nz)

Email: [pdsAshramnz@gmail.com](mailto:pdsAshramnz@gmail.com)

Address: 53 Favona Road AKL 2024