

PDS Ashram Yoga International Day

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



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 ClinIK

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 is 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 ClinIK
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
Email: pdsAshramnz@gmail.com
Address: 53 Favona Road AKL 2024