

YID { Yoga International Day } 2023 Celebration

PDS Ashram & Yoga Clinik

is proud and happy to invite you and everyone for Yoga International Day 2023 Celebration Retreat.

Starts 7 am on 21 June 23 the Wednesday

Ends 5 pm on 25 June 23 the Sunday.

Designed in such a way that those who cannot attend all 5 days can attend any few days. It is recommended to attend all days for full benefit. {Limited seats please book to reserve your place.}

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 & 25th Sat & Sunday at 'PDS Ashram & Yoga Clinik studio': 9 Basin View Lane, Panmure, Auckland 1072.

Daily Program:

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.

Booking required.

For participants coming from long distance/out of Auckland a dorm accommodation separate for male & females possible at Ashram subject to availability.

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.

Tea-Coffee will be provided during breaks only.

Lunch: You can bring your own simple veg/vegan lunch.

During weekends at Panmure many restaurants, food outlets and even Sylvia park food court are handy for you.

Subject to sufficient numbers a veg food can be ordered (please check with organizers)

It is recommended that participants should eat simple, light veg food during retreat and should not spend more time on food but to focus on yogic practices to reap the most benefits from Retreat.

For any more info, questions call/txt 021 180 1650 strictly between 2pm to 4pm only.

NOTE (limited seats): Only 20 Participants on weekdays and 40 on weekends.

Clothing: loose and warm clothing and bring your yoga mats. We can provide yoga mats & cushions for those it is not practical to bring own. It is recommended to have your own gears for yogic sadhana/practice.