



Heartfulness

Based Wellbeing Retreat

Sept 6th to 10th & Sept 18th to 24th

Program Details

Day 1: Arrival & Orientation

Day 2 onwards :

6:00 Wake Up

6:30 Group Work

8:00 Breakfast/Rest

9:30 Group Work

11:00 Tea

11:30 Group Work

12:30 Lunch/Rest

16:00 Tea

16:30 Group Work

18:30 Dinner

20:30 Group Work

21:15 End of Day

Last Day

6:00 Wake Up

6:30 Group Work

8:00 Breakfast/Rest

9:00 Group Work/Wrap Up

10:00 End of Retreat - Departure

*Group Work: It may be silent meditation sessions, yoga, silent walks , and group sharing.

