



Heartfulness Wellness Retreat

Manapakkam

11th & 12th November 2017

	Saturday	Sunday
7:00	Welcome and registration	Welcoming the families
7:30 - 8:30	Yoga class	Group meditation
9:00 - 9:45	Breakfast	Breakfast with family
10:00 - 11:00	Meditation session	10:30 - 12:30 Strokes - recognition and Prevention
11:00 - 11:30	Tea break	
11:30 - 1: 00	Introduction to Ayurveda - Dr. Shree Varma	
1:00 - 1:30	Lunch	Lunch
1:30 - 2:30	Rest - Reading time	Rest - Reading time
2:30 - 4:00	Polarity Treatment - theory part	Polarity Treatment - Practice
4:00 - 4:30	Tea break	Tea break
4:30- 5:00	Rejuvenate yourself	Rejuvenate yourself
5:30 - 7:00	Yoga class	Yoga class
7:30 - 8:30	Dinner	Dinner

Online Registration: en.heartfulness.org/wellness-retreats/

For information and registration: 044-2252109 - Ext: 201

Or email to: in.wellness@heartfulness.org

**Heartfulness Meditation Centre | BMA | Manapakkam Main Road
Manapakkam | Chennai**