



Heartfulness
Through meditation, wellness

21st & 22nd April
Manapakkam

Program Details

Time	Saturday	Sunday
07:00 – 07:30	Welcome and registration	Settle yourself into Meditation Hall
07:30 – 08:30	Yoga class	Group meditation
09:00 – 09:45	Breakfast	Breakfast
10:00 – 11:00	Meditation session	10:30 - 12:30 Nature Walk by Dr. Chitra Ranjan
11:00 – 11:30	Tea break	
11:30 – 12:30	Benefits of Asanas & Pranayamas by Dr. Sowndarya	
01:00 – 01:30	Lunch	Lunch
01:30 – 02:30	Rest – Reading time	Rest – Reading time
02:30 – 04:00	Cellular Memory by Dr. Natwar Sharma	Concept of Health & Disease through Naturopathy by Dr. Vimala
04:00 – 04:30	Tea break	Tea break
04:30 – 06:00	Yoga class	Yoga class
06:30 – 07:00	Rejuvenate yourself	Rejuvenate yourself
07:30 – 08:30	Dinner	Dinner

en.heartfulness.org/wellness-retreats/