

## **Program Details**

07:00 - 07:30Welcome and registrationSettle yourself into Meditation Hall07:30 - 08:30Yoga classGroup meditation09:00 - 09:45BreakfastBreakfast10:00 - 11:00Meditation session11:00 - 11:30Tea break10:30 - 12:3011:30 - 12:30Benefits of Asanas & Pranayamas by Dr. SowndaryaNature Walk by Dr. Chitra Ranjan01:00 - 01:30LunchLunch01:30 - 02:30Rest - Reading timeRest - Reading time02:30 - 04:00Cellular Memory by Dr. Natwar SharmaConcept of Health & Disease through Naturopathy by Dr. Vimala04:00 - 04:30Tea breakTea break	Time	Saturday	Sunday
09:00 – 09:45 Breakfast  10:00 – 11:00 Meditation session  11:00 – 11:30 Tea break  11:30 – 12: 30 Benefits of Asanas & Pranayamas by Dr. Sowndarya  01:00 – 01:30 Lunch  01:30 – 02:30 Rest – Reading time  02:30 – 04:00 Cellular Memory by Dr. Natwar Sharma  Tea break  Tea break  Breakfast  10:30 - 12:30 Nature Walk by Dr. Chitra Ranjan  Chitra Reading time  Rest – Reading time  Concept of Health & Disease through Naturopathy by Dr. Vimala	07:00 – 07:30	Welcome and registration	<u> </u>
10:00 – 11:00 Meditation session  11:00 – 11:30 Tea break  11:30 – 12: 30 Benefits of Asanas & Pranayamas by Dr. Sowndarya  01:00 – 01:30 Lunch  01:30 – 02:30 Rest – Reading time  02:30 – 04:00 Cellular Memory by Dr. Natwar Sharma  Tea break  10:30 - 12:30 Nature Walk by Dr. Chitra Ranjan  Chitra Ranjan  Concept of Health & Disease through Naturopathy by Dr. Vimala	07:30 - 08:30	Yoga class	Group meditation
11:00 – 11:30  Tea break  11:30 – 12:30  Benefits of Asanas & Pranayamas by Dr. Sowndarya  01:00 – 01:30  Lunch  01:30 – 02:30  Rest – Reading time  02:30 – 04:00  Cellular Memory by Dr. Natwar Sharma  Tea break  10:30 - 12:30  Nature Walk by Dr. Chitra Ranjan  Rest – Reading time  Concept of Health & Disease through Naturopathy by Dr. Vimala	09:00 - 09:45	Breakfast	Breakfast
11:30 – 12: 30  Benefits of Asanas & Pranayamas by Dr. Sowndarya  11:30 – 12: 30  Lunch  11:30 – 01:30  Lunch  11:30 – 01:30  Cellular Memory by Dr. Natwar Sharma  Concept of Health & Disease through Naturopathy by Dr. Vimala	10:00 – 11:00	Meditation session	Nature Walk by Dr. Chitra
11:30 – 12: 30  Benefits of Asanas & Pranayamas by Dr. Sowndarya  01:00 – 01:30  Lunch  Cellular Memory by Dr. Natwar Sharma  Concept of Health & Disease through Naturopathy by Dr. Vimala	11:00 - 11:30	Tea break	
01:30 – 02:30  Rest – Reading time  02:30 – 04:00  Cellular Memory by Dr. Natwar Sharma  Concept of Health & Disease through Naturopathy by Dr. Vimala	11:30 – 12: 30		
02:30 – 04:00  Cellular Memory by Dr. Natwar Sharma  Concept of Health & Disease through Naturopathy by Dr. Vimala	01:00 - 01:30	Lunch	Lunch
Sharma ease through Naturopathy by Dr. Vimala	01:30 - 02:30	Rest – Reading time	Rest – Reading time
04:00 – 04:30 Tea break Tea break	02:30 - 04:00		ease through Naturopathy
	04:00 - 04:30	Tea break	Tea break
04:30 – 06:00 Yoga class Yoga class	04:30 - 06:00	Yoga class	Yoga class
06:30 – 07:00 Rejuvenate yourself Rejuvenate yourself	06:30 - 07:00	Rejuvenate yourself	Rejuvenate yourself
07:30 – 08:30 Dinner Dinner	07:30 – 08:30		

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