



## 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 Tips on Healthy Living by Dr. Meghna Manocha
11:00 – 11:30	Tea break	
11:30 – 12:30	Wellness of Being by A. P. Durai	
01:00 – 02:00	Lunch	Lunch
02:00 – 03:00	Rest – Reading time	Rest – Reading time
03:00 – 04:30	Polarity Therapy(principles) by Shubham	Polarity Therapy(practice) by Shubham
04:30 – 05:00	Tea break	Tea break
05:00 – 06:00	Yoga class	Yoga class
06:15 – 07:00	Rejuvenate yourself	Rejuvenate yourself
07:30 – 08:30	Dinner	Dinner

<https://heartfulness.org/en/preventive-health-weekends/>