

PROGRAMME SCHEDULE

23rd
APRIL

5:00 PM	WELCOME
5:30 PM	ORIENTATION
6:00 PM	SHOW ROUND
6:30 PM - 7:00 PM	INTRODUCTORY TALK BY DR CHAUHAN
7:00 PM	DINNER

24th
APRIL

7:00 AM	HOMA THERAPY
7:30 AM - 8:30 AM	YOGA
9:00 AM - 10:00 AM	BREAKFAST
10:00 AM - 11:30 AM	AYURVEDIC CLASS BY DR CHAUHAN
12:00 PM - 1:00 PM	MUDRA THERAPY BY ACHARYA JI
1:00 PM - 2:00 PM	LUNCH
2:00 PM - 3:00 PM	REST
3:00 PM - 4:00 PM	HEAD MASSAGE CLASS
4:00 PM	SNACKS
4:30 PM - 5:00 PM	POTTERY & RURAL COOKING CLASS
5:00 PM - 6:00 PM	JIVANANDA & MEDITATION CLASS
6:30 PM	DINNER

PROGRAMME SCHEDULE

25th
APRIL

7:00 AM	HOMA THERAPY
7:30 AM - 8:30 AM	YOGA
9:00 AM - 10:00 AM	BREAKFAST
10:00 AM - 11:00 AM	HOME REMEDY SESSION
11:00 AM - 12:30 AM	AYURVEDIC CLASS BY DR CHAUHAN
1:00 PM - 2:00 PM	LUNCH
2:00 PM - 3:00 PM	REST
3:00 PM - 4:00 PM	REFLEXOLOGY WALK WITH DR NEIL + SNACKS
4:00 PM - 4:30 PM	CLOSING AND GROUP PHOTOGRAPH
4:30 PM	CHECK-OUT

Village - Riwajpur (Sector-89), Kheri Kalan,
Faridabad, Haryana -121002 (Delhi NCR)

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