

THE MOTHER'S INTEGRAL HEALTH CENTRE
Sri Aurobindo Ashram – Delhi Branch

Seeing Through Life for Adding Meaning to Life
A YOGA RETREAT
(22-30 December 2023)

Venue: Sri Aurobindo Ashram – Delhi Branch, New Delhi

Tentative Schedule

Day & Date	Time	Topic / Activity	Facilitator(s)
Fri, 22 Dec	4 pm	Getting around the campus	Ramesh Bijlani & Aditi Kaul
	5 pm	Getting introduced to one another and the retreat	
	7 pm	Meditation	
Sat, 23 Dec	8.30 am	The Journey of Life	Ramesh Bijlani
	9.30 am	The Journey of Life (Contd.)	Ramesh Bijlani
	11 am	Physical Practices of Yoga	
	2 pm	A conducted tour of the Ashram (including the exhibitions)	Ramesh Bijlani & Aditi Kaul
	3 pm	YOGA – a process of bridge building	Aditi Kaul
7 pm	Meditation		
Sun, 24 Dec	8.30 am	A passage from 'Words of Long Ago'	Srividyaa
	10 am	Sunday Satsang His Presence is Enough <i>(Based on the Mother's prayer dated 30 March 1914 in Prayers and Meditations)</i>	Dr Mithu Pal
	11.20 am	Group photograph, near the Samadhi Lawns	
	11.30 am	Sri Smriti	
	1.30 pm	Heritage walk	Aditya Pathak
Mon, 25 Dec	8.30 am	A passage from 'The Great Adventure'	Ramesh Bijlani
	9.30 am	Meditation in Light of the Gita	Prashant Khanna
	11 am	Physical Practices of Yoga	
	2 pm	Self-study	
	5 pm	Christmas celebrations	
Tue, 26 Dec	8.30 am	An Introduction to 'Savitri'	Ramesh Bijlani
	9.30 am	Meditation in Light of the Gita (Contd.)	Prashant Khanna
	11 am	Physical Practices of Yoga	
	2 pm	Sight-seeing	

Wed, 27 Dec	8.30 am	An Introduction to 'Savitri' (Contd.)	Ramesh Bijlani
	9.30 am	Film on Sri Aurobindo	
	11 am	Physical Practices of Yoga	
	2 pm	Assessment (Theory)*	Ramesh Bijlani & Aditi Kaul
	7 pm	Meditation	
Thu, 28 Dec	8.30 am	12 Qualities of The Mother's Symbol	Aditi Kaul
	9.30 am	About The Mother	Ramesh Bijlani
	11 am	Physical Practices of Yoga	
	2 pm	Assessment (Practical)*	
	7 pm	Meditation	
Fri, 29 Dec	8.30 am	An Introduction to 'The Life Divine'	Ramesh Bijlani
	9.30 am	Q & A, Feedback	Ramesh Bijlani & Aditi Kaul
	11 am	Physical Practices of Yoga	
	2 pm	Certificate distribution	
	7 pm	Meditation	
Sat, 30 Dec	8.30 am	A passage from 'The Life Divine'	Aditi Kaul
	9.30 am	A passage from 'The Life Divine'	Ramesh Bijlani
	11 am	Physical Practices of Yoga	Ramesh Bijlani & Aditi Kaul

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Physical Practices of Yoga – Classes & Assessments to be shared by Monica Chand, Vidya Mundhra and Priya Gupta, depending on their availability

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Meal Timings

7 am - 8 am	Breakfast
12 noon - 1 pm	Lunch
4 pm - 4.30 pm	Tea
7.40 pm - 8.10 pm	Dinner

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**Assessment is optional*

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As at the time of print. Details subject to change

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