



New Year Celebration

Walk the luminous path – the power of kindness, the power of love, the power of connection, the power of compassion

Monday

2.00 – 4.00pm	Arrival
5.30	Shiva Mantra Chanting
6.30	Dinner
7.30	Kirtan

Tuesday

6.30am	Morning Asana, Pranayama Class
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7.30	Morning Mantra Chanting
8.00	Breakfast
8.30 – 9.00	Karma Yoga – Seva for all residentials at Ashram
10.15	Session
11.30	Morning Tea
12.00	Yoga Nidra
12.30pm	Lunch
Offer to help clean up appreciated as a practice of Seva – Bhakti Yoga	
2.00	Afternoon Tea
3.30 – 4.30	Session
6.30	Dinner
8.00 – 9.00	Om Namah Shivaya Chanting & Havan
9.30 – 6.30am Jan	Kirtan – Mahamantra

Wednesday 1 Jan 2024

6.30am	Havan and Gayaratri Mantra
	Morning Mantras
	Hanuman Chalisa
	Gayatri Mantra
8.00	Breakfast
8.30 – 9.30	Karma Yoga – Seva for all residentials at Ashram
10.15	Session
11.30	Morning Tea
12.00	Yoga Nidra
12.30	Lunch

Offer to help clean up appreciated as a practice of Seva – Bhakti Yoga

Hari Om Tat Sat

Health, Happiness & Harmony