

2019 - Year of Ayurveda **Clean Mind Programme**

Every Sunday 4 hours Camp - 8.00 am to 12.00 noon

Each Camp:

- Havan / Chanting
- Talk / Presentation
- Physical Culture- Yoga / Exercise / Games
- Shramdaan

JUNE 2019 SCHEDULE

| | | |
|-----------------------------|---|-----------------------------|
| 2nd June | Doubt brings Upliftment | Mr. Deepak Jhamb |
| 9th June | Criticizing Others drains Once's Energy | Ms. Madhumita N Sahu |
| 16th June | The link between Overeating & Overspeaking | Dr. S. Katoch |
| 23rd June | "CHILL" with Food in Summer Season | Dr. S. Katoch |
| 30th June | Life Lessons from Childhood Games | Dr. Swati Kashyap |

Registration: - 9.00 am - 3.00 pm

**The Mother's Integral Health Centre
Sri Aurobindo Ashram - Delhi Branch
Sri Aurobindo Marg, New Delhi - 110016
E-mail tmihc2000@gmail.com**

Contact: - 011-26858563, 8470830141, 8800552685