



Panchakarma & Wellness

An 8-hour Escape to Rediscover Self

26 & 27 May, 2024 | 7 - 11 am IST
at Sri Aurobindo Ashram - Delhi Branch





Day 1 | Sunday:

- 7 - 7.30 am Prabhāt Pheri
7.30 - 9 am Havana & Gīta
Chantings
9 - 11 am Panchakarma/
Fun Games

Day 2 | Monday:

- 7 - 7.30 am Prabhāt Pheri
7.30 - 9 am Talk and Q&A
on AYSOL@
9 - 11 am Panchakarma/
Fun Games

Programme Fee:

INR 3,000/- (per person)

Language:

Hindi and English

Facilitators:

Dr. Surinder Katoch
Dr. Mukta Katoch Arora

Co-ordinator:

Oindrila



**REGISTER
HERE!**

For further
queries/bookings
reach out to us at:

+91-98117 74751

+91-97111 12609

khhcayurveda@gmail.com

***Only 15 seats!**

****Each participant receives
1 Abhyangam & 1 Shirodhārā.**

