



Panchakarma & Wellness

A Weekend Escape to Rediscover Self

13 & 14 Oct. 2023 | 8am - 12noon

at Sri Aurobindo Ashram - Delhi Branch





Day 1:

8-8.30am Prabhāt Pheri
8.30-10am Havana & Gīta
Chantings
10am-12pm Panchakarma/
Fun Games

Day 2:

8-8.30am Prabhāt Pheri
8.30-10am Talk and Q&A
on AYSOL®
10am-12pm 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.*

