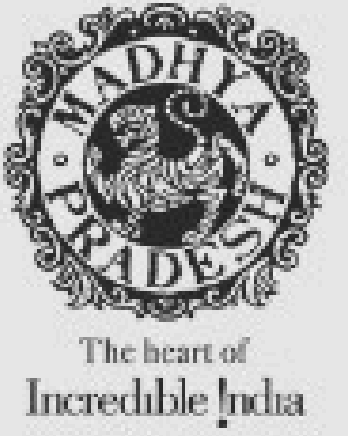
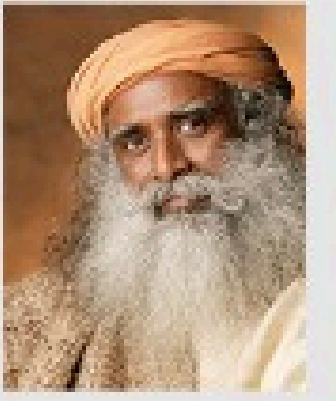
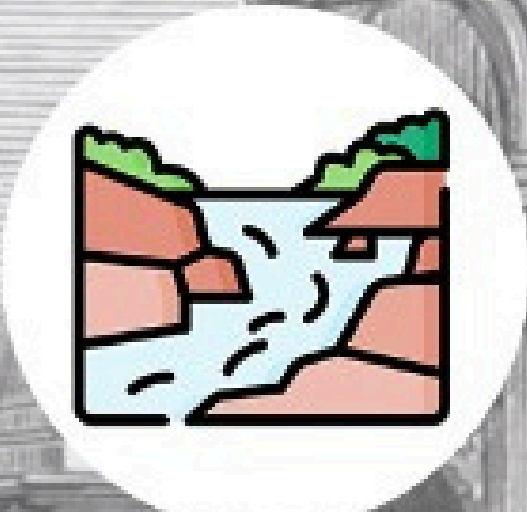


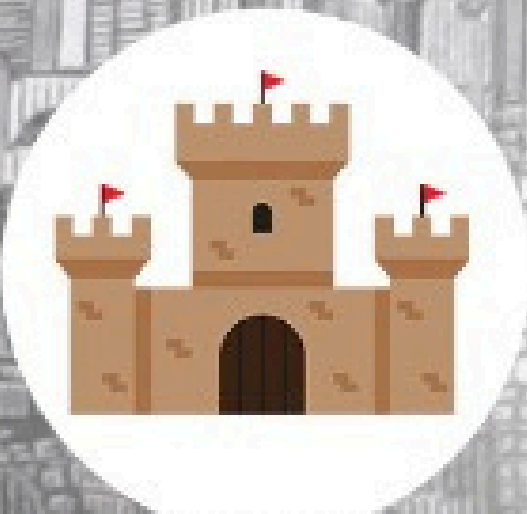
पाए आंतरिक ऊर्जा और बेहतर स्वास्थ्य, नर्मदा की पवित्र लहरों पर महेश्वर योग और ध्यान शिविर



नर्मदा घाट पर योग



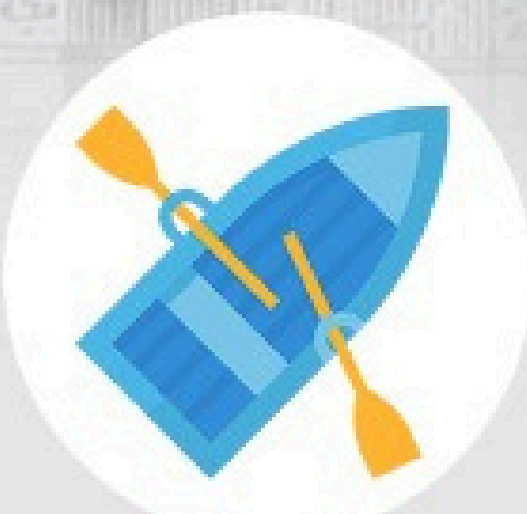
सहस्रधारा में ध्यान



अहिल्या के किले और
मंदिरों में आध्यात्मिक यात्रा



संगीत संध्या



Boat meditation


15 - 18
अगस्त
2024

For bookings & Enquiries Call +91 9238261535

<https://thedinewitness.org/>

Dates

15th-18th August 2024

		AUGUST 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	29	30	31	1	2	3	4
32	5	6	7	8	9	10	11
33	12	13	14	15 <small>Independence Day</small>	16	17	18
34	19	20	21	22	23	24	25
35	26 <small>Janmashtami</small>	27	28	29	30	31	1

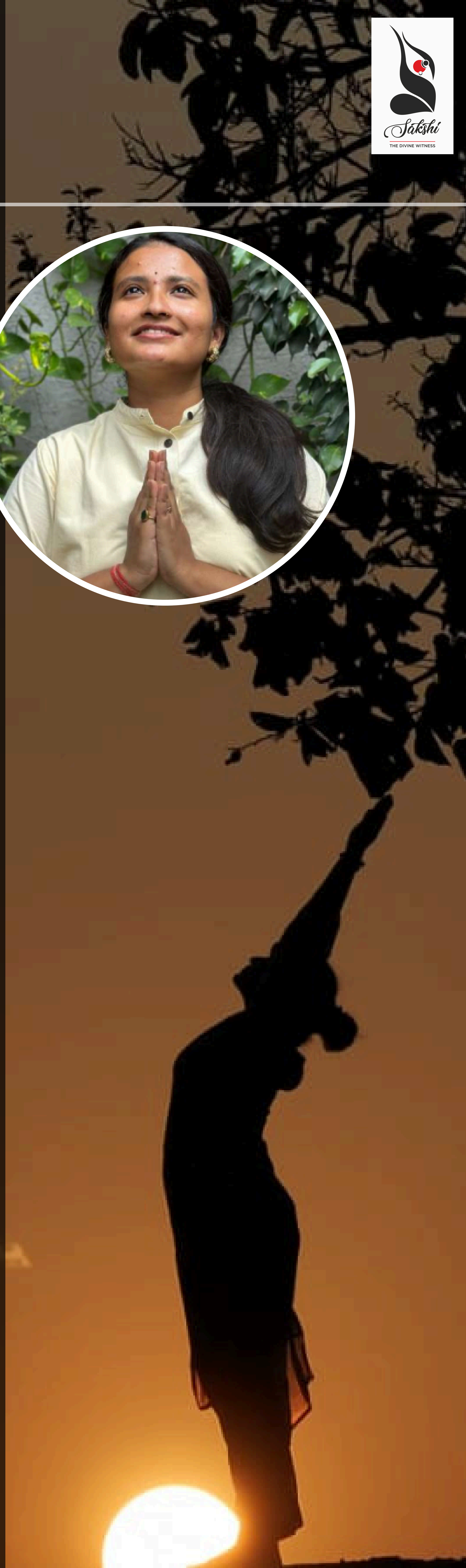
- 15th - Thursday (Independence Day)
- 16th - Friday (Apply for Leave)
- 17th - Saturday (Holiday)
- 18th - Sunday (Holiday)
- 19th - Monday (Rakshabandhan)

About Sakshi Pragat

In the mystical land where spirituality weaves a tapestry of transcendence, there exists an extraordinary weaver named **Sakshi Pragat**—A certified Hatha Yoga instructor trained meticulously by the esteemed Sadhguru Gurukulam (Isha Foundation).

Her tryst with the spiritual realm began **15 years ago** when she was a mere adolescent, precociously exploring the enigma world of yoga and meditation.

To Sakshi, every human being is a reservoir of unbounded potential, a possibility to be explored, where they are pulsating with energy, resonating with inclusivity, and vibrating in harmony with the world.



Join Us For 4 Days Residential Yoga & Meditation Retreat In Maheshwar

WITH

SAKSHI- THE DIVINE WITNESS & MP TOURISM
FROM 15th to 18th August. 2024

HERE'S WHAT AWAITS YOU:

1

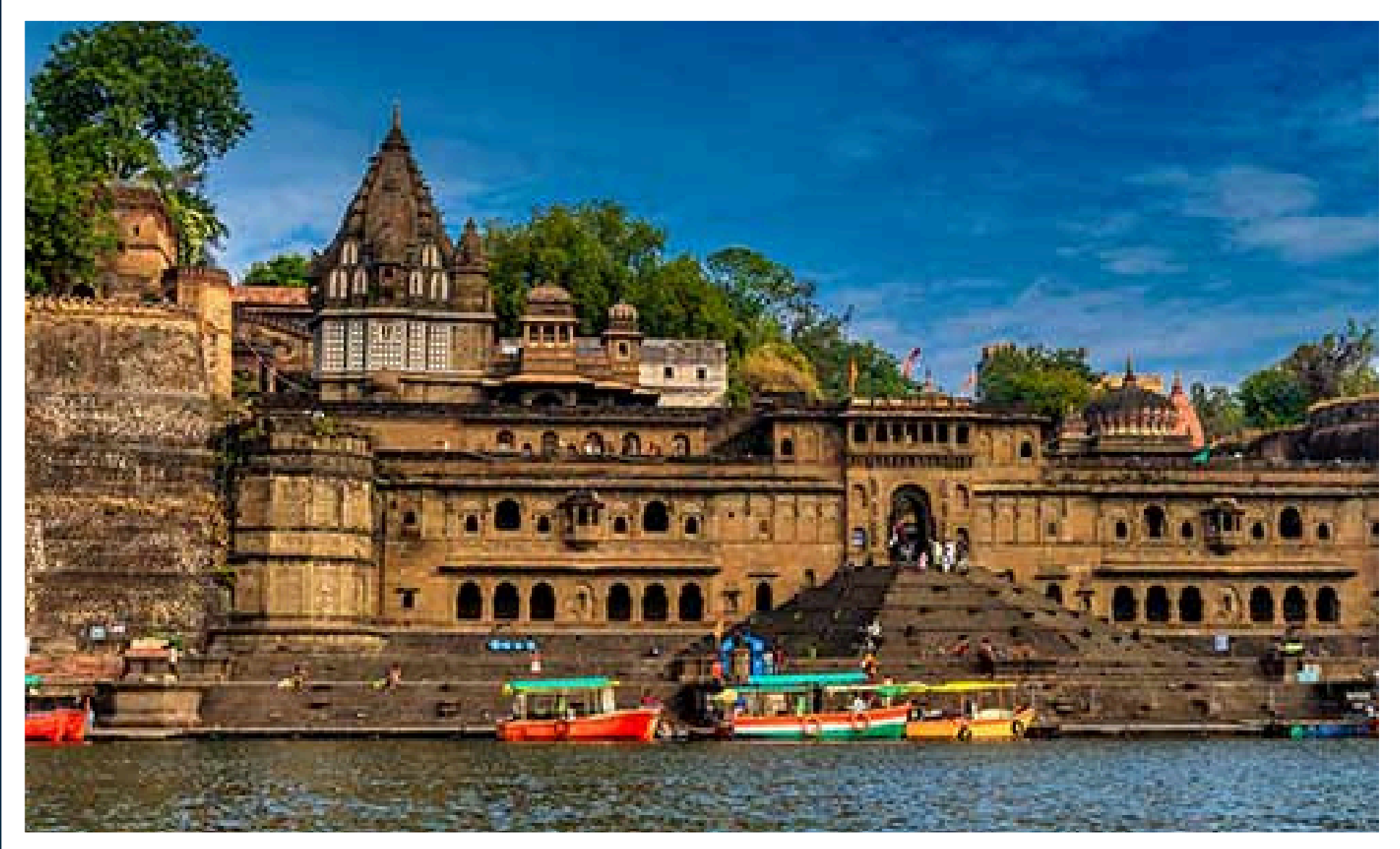
DAILY YOGA & MEDITATION SESSION
INCLUDING SURYA KRIYA, LED BY SAKSHI
PRAGAT, A CLASSICAL YOGA TEACHER
CERTIFIED BY SADHGURU GURUKULAM
(ISHA FOUNDATION)

2

PRANAYAM & MEDITATION SESSION,
NADI SHUDDHI, NADA YOGA/AUM
CHANTING & ISHA KRIYA MEDITATION.

3

VEG SATTVIC BREAKFAST, LUNCH, DINNER
& THE OPPORTUNITY TO LEARN THE ART OF
SATTVIC FOOD PREPARATION.



4

**MEDITATION ON
Boats & River Ghats
(Sacred Narmada River)**

5

**SHAMBHO MEDITATION AT
SAHASTRADHARA & POWERFUL
SHIVA TEMPLES IN MAHESHWAR**

6

**SPECIAL YOGA & CREATIVE
SESSIONS FOR KIDS IN OUR
CREATIVE CORNER.**

7

**UNLEASH YOUR CREATIVITY IN
PAINTING SESSIONS.**

LOCATION

MAHESHWAR, MADHYA PRADESH

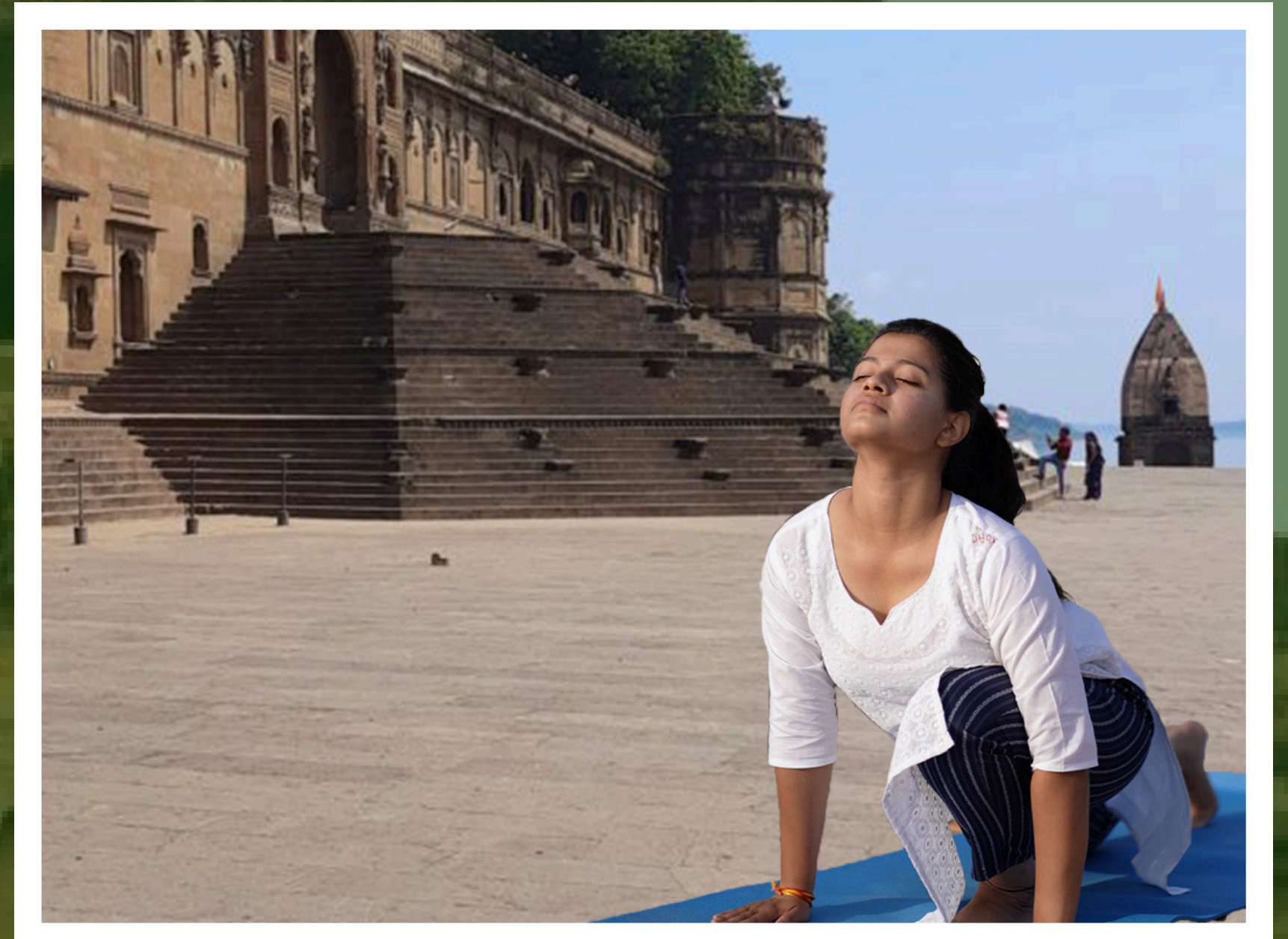


Inclusion

INNER WELLBEING PRACTICE

Morning & Evening Bliss Sessions:

- Ancient Surya Kriya guided by Isha Foundation Certified Hatha Yoga Teacher (Sakshi Pragat Ma'am)
- Isha Kriya Meditation: To Attain emotional stability
- Nadi Shuddhi Pranayam: it calms the mind .
- Nada Yoga (AUM Chanting): Remedies excessive fear & irregular sleep patterns.



SOULFUL ACTIVITIES:

- Bhakti Sadhna: Connect with divine energies
- Chit Shakti Meditation: A serene experience.

SPECIAL YOGA SESSION FOR KIDS:

- Tailored yoga activities for the little ones, fortifying a holistic approach to well-being.

Fun/Creative Activities



- Unleash your creativity Drawing Painting



Food



- SATTVIC VEG BREAKFAST, LUNCH & DINNER



Package Inclusive Of:

**4 Days Yoga & Meditation Workshop + All Meals +
Sightseeing + All Sessions**

**The Divine Design Your Life.
Feel Free To Contact Us On:**

 www.thedivinewitness.org
 [sakshi.the.divine.witness](https://www.instagram.com/sakshi.the.divine.witness)

+919238261535

Per Person

INR 15,999/- only

► Payment Details

Account Name: Sakshi Ragat

Account Number: 53023639196

IFS code: SBIN0030404 Bank

Name: State Bank of India

UPI ID: Sakshipragat95@oksbi

Google pay.No: 7000387256



Terms & Conditions

Confirmation: Your participation is confirmed only after the program fee is paid and a valid receipt is obtained.

Attendance and Commitment: In order to make use of this program, it is very important that you attend the program in a committed way.

Participants must be present at all sessions and be seated on time especially before the Yoga and Meditation Sessions.

Participants are not permitted to leave the premises during the program. Please bring all necessities for the duration of the program, including medicines, toiletries, Yoga Mats, etc.

Meditation: please bring general medication for cold, fever, pain relieving ointments muscle relaxant etc. as well as any other regular medication prescribed for you

Valuable: It is suggested not to bring expensive items The Management will not be responsible for any loss or theft.

Important Note: Smoking, alcohol consumption, or consumption of any kind of intoxicant is strictly prohibited



► Terms & Conditions

In the event that it is made impossible or illegal for us to proceed with or carry out Program in whole or in part, due to any act of God, acts or decrees of government, fire, casualty, flood, earthquake, war, strike, demonstrations, lockout, epidemic, destruction of its facilities, riot, insurrection, material unavailability, or any other cause(s) beyond the responsible control of us and as a result thereof, it has to delay, postponed, reschedule, terminate and/or cancel this program, we will not be liable for any losses or damage incurred by the participant.

Cancellation and Refund Policy: 70% refund up-to 7 days before the start date of the program. No refunds thereafter.

