



New Year Celebration

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

Tuesday 30 Dec

2.00 – 4.00pm	Arrival
5.00	Meditation
5.30	Ram Gayatri & Hanuman Chalisa Chanting
6.00	Dinner
7.30	Kirtan

Wednesday 31 Dec

6.30am	Morning Asana, Pranayama Class
7.30	Morning Mantra Chanting
8.00	Breakfast
8.30 – 9.00	Karma Yoga – Seva for all residents at Ashram
10.30	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
5.00 – 6.30	Session Chanting 108 Om Gan Ganapataye Namahaa & Mahamantra
6.30	Dinner
8.00	Kirtan
11.30	Havan – 1008 Om Namaha Shivay

Thursday 1 Jan 2026

6.30am	Own Practice
7.30	Morning Mantras Hanuman Chalisa
8.00	Breakfast
8.30 – 9.30	Karma Yoga – Seva for all residents at Ashram
10.30	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