

# New Year Celebration



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

## 30 Dec

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

## 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                               |

## 1 Jan 2026

|             |                                               |
|-------------|-----------------------------------------------|
| 6.30am      | Morning Asana, Pranayama Class                |
| 7.30        | Morning Mantras<br>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