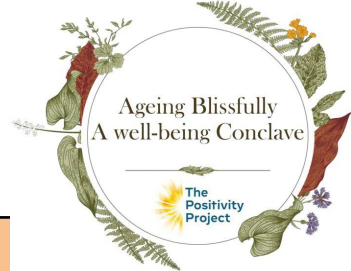


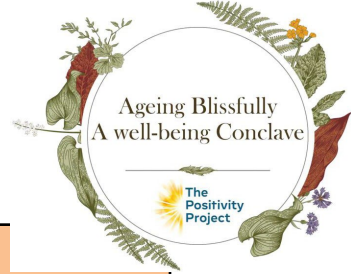
Schedule



DAY 01 : 04 MARCH 2023

Start Time	End Time	Topic	Speaker/Guru
10:00 AM	11:00 AM	Inaugural Session By Ceremonial Lighting Of The Lamp By The Guest Of Honour	Chief guest, Gurmukh Kaur, Khalsa, Sadhvi Bhagwati
11:15 AM	12:15 PM	Creating the life we desire	Dr. Gita Prakash, Suneet Varma & Kalyani Chawla
12:15 PM	12:30 PM	Coffee Break	
12:30 AM	1:15 PM	“Women for the World - Healing of contemporary women.”	Mariela Cruz
1:15 PM	2:15 PM	Lunch	
2:15 PM	3:00 PM	Overcoming the fear of death as we age	Namgyal Lhamo Taklha – Former Health Secretary, Central Tibetan Administration
3:00 PM	4:00 PM	Workshop on healing your life	Pooja Bedi
4:00 PM	04:15 PM	Coffee Break	
4:15 PM	5:15 PM	Sound Healing (Gongbath and hand pan recital)	Dr. Sanjay Arora & Amandeep
5:15 PM	6:30 PM	Closing address by Dr. Mulay & Sufi Singing	Professor Mulay & Raju Mishra and Group

Schedule



DAY 02 : 05 MARCH 2023

Start Time	End Time	Topic	Speaker/Guru
10:00 AM	11:00 AM	You never have to age – A Kundalini Yoga Workshop (bring your yoga mat)	Gurmukh Kaur Khalsa
11:15 AM	12:15 PM	Connecting with our timeless selves	Khandro Thrinlay Chodon – Senior Buddhist Teacher
12:15 PM	12:30 PM	Coffee Break	
12:30 AM	1:15 PM	Lecture and Workshop - Meditation for those who can't meditate	Jai Madaan
1:15 PM	2:15 PM	Lunch	
2:15 PM	3:00 PM	Sound Healing (Gongbath and hand pan recital)	Dr. Sanjay Arora & Amandeep
3:00 PM	4:00 PM	Masterclass by celebrity skin healer	Dr Dinyar Boxingwalla
4:00 PM	04:15 PM	(Coffee break)	
4:15 PM	5:15 PM	A Sip in Time	Karan Shah & Pallavi Nigam
5:15 PM	6:30 PM	Closing Remark followed by Bharatnatyam Performance	Gurmukh Kaur Khalsa Bhadra Sinha & Gayatri Sharma - Bharatnatyam Dancers / Krishna Das