



The Positivity Project Foundation Presents

Ageing Blissfully

A Well-Being Conclave

 **Date:**

4th March 2023 Saturday
5th March 2023 Sunday

 **Time:**

10:00 a.m. to 7:30 p.m.

 **Venue:**

National Crafts Museum & Hastkala Academy, New Delhi.

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Partners



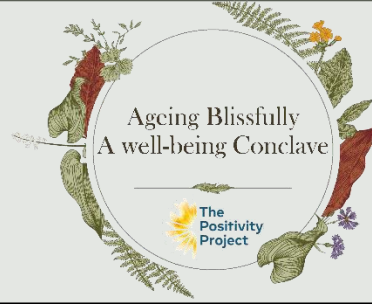
VIP

Ageing Blissfully
A well-being Conclave



Click here to Register

Schedule



DAY 01 : 04 MARCH 2023

Start Time	End Time	Topic	Speaker/Guru
10:00 AM	11:00 AM	Inaugural Session By The Guest Of Honour	Gurmukh Kaur Khalsa - Campaign Ambassador followed by Sadhvi Ji.
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 PM	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 – in conversation with Denzil Oconnel
3:00 PM	4:00 PM	Your attitude determines your Altitude	Pooja Bedi in conversation with Megha Sharma Anchor - NewsX
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 & Sufi Singing	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 – in conversation with Denzil Oconnel
12:15 PM	12:30 PM	Coffee Break	
12:30 PM	1:15 PM	Masterclass by celebrity skin healer	Dr Dinyar Boxingwalla & Dr. Shruti Kothari
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	Lecture and Workshop - Meditation for those who can't meditate	Jai Madaan
4:00 PM	04:15 PM	(Coffee break)	
4:15 PM	5:15 PM	Tea for the Soul	Karan Shah & Pallavi Nigam in conversation Megha Sharma Anchor - NewsX
5:15 PM	6:30 PM	Closing Remark followed by Bharatnatyam Performance	Gurmukh Kaur Khalsa Bhadra Sinha & Gayatri Sharma - Bharatnatyam Dancers