

TIME TABLE

5.30 am	Wake-up
6.00 am	Prayer
6.30 am	Patanjali Yoga & Meditation
8.00 am	Breakfast
10.00 am	Session 1
11.30 am	Tea Break
11.45 am	Session 2
1.15 pm	Lunch
2.30 pm	Session 3
4.00 pm	Tea Break
4.15 pm	Indigenous Games
6.00 pm	Personal Time
7.00 pm	Prayer
7.30 pm	Cultural Activities
8.30 pm	Dinner & Self-Study
10.00 pm	Rest

Prayer: JSS Lalithakala Troupe

Yoga & Meditation:

Pathanjali Yoga Shikshana Samithi, Krishnamurthypuram, Mysuru

Retreat

(For Doctors)

Sutturu Srikshetra

27th and 28th April 2019



Divine Presence

Jagadguru Sri Shivarathri Deshikendra Mahaswamiji

Jagadguru Sri Veerasimhasana Mahasamsthana Math
Sutturu Srikshetra

and

Sri Siddheshwara Mahaswamiji

Jnanayogashrama, Vijayapura

Jagadguru Sri Veerasimhasana Mahasamsthana Math

Sutturu Srikshetra

JSS Mahavidyapeetha

Sri Shivarathreeswara Endowment Trust

Dr. Sri Shivarathri Rajendra Circle, Mysuru - 570004

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Date	Session 1	Session 2	Session 3
27 th April 2019 Saturday	<p>Celebration called Life</p> <p>Dr. Thimmappa Hegde Neuro Surgeon Narayana Hrudayalaya Bengaluru</p>	<p>Discourse</p> <p>Sri Siddheshwara Mahaswamiji Jnanayogashrama Vijayapura</p>	<p>Indian Culture</p> <p>Dr. V.B. Arathi Chairperson Vibhu Academy Bengaluru</p>
28 th April 2019 Sunday	<p>Emerging Paradigms in Wellbeing - A Synthesis</p> <p>Dr. Sridhar Deshmukh Consultant Preventive Healthcare & Therapeutic Yoga Bengaluru</p>	<p>Doctor, Medicine & Faith : Golden Triangle for Well Being</p> <p>Swami Veereshananda Saraswathi President Ramakrishna Vivekananda Ashrama Tumkuru</p>	

LUNCH BREAK

