

TENTATIVE AGENDA

SUNDAY 17TH NOVEMBER 2018

10.00am to 04.30pm

Experiential Retreat for BKs
From Manmana Bhav to Madhyaji Bhav

Rethink-Reconnect-Rejuvenate

Meditation Retreat & Seminar - Agenda

The programme will be a blend of interactive, reflective and meditation session. There will be plenary sessions to cover different aspects of holistic approach in personal & professional life.

SUNDAY 18TH NOVEMBER 2018

09.30 am – 10.00 am	:	Discovering my True Spiritual Identity
10.00 am – 11.00 am	:	Reception and Inaugural Session. Theme : Rethink-Reconnect-Rejuvenate
11.00 am – 11.30 am	:	Tea Break.
11.30 am – 12.45 pm	:	Session – 01 Theme : Inspiring Leadership through Emotional Intelligence
12.45 pm – 01.00 pm	:	Experiencing The Power of Silence.
01.00 pm – 02.00 pm	:	Session – 02 Theme : Science of Meditation & Live Demo of Mind Brain Interface
02.00 pm – 03.00 pm	:	Brahma Bhojan
03.00 pm – 04.00 pm	:	Feedback and Concluding Session