



manish vyas

Shivoham: A Journey into Bliss
Aubenas, France: March 30 – April 2, 2023

Thursday

15,00 – 16,15 SESSION 1 Introduction session

16,15 Tea break

16,45 – 18,00 SESSION 2

18,30 DINNER

20,00 – 21,00 EVENING SESSION

Friday, Saturday

7,00 – 7,30 SESSION 1 (OPTIONAL) Silent Meditation, light Asana, silent sitting

7,40 – 9,00 SESSION 2 Pranayam and Relaxation

9,00 BREAKFAST

11,00 – 12,30 SESSION 3 Active / Pasive Meditation

13,00 LUNCH

15,00 – 16,15 SESSION 5 Mantra and Kirtan

16,15 Tea break

16,45 – 18,00 SESSION 6

18,30 DINNER

20,00 – 21,00 EVENING SESSION

Sunday

7,00 – 7,30 SESSION 1 (OPTIONAL)

7,40 – 9,00 SESSION 2 Pranayam and Relaxation

9,00 BREAKFAST

10,45 – 11,45 SESSION 3

12,00 – 13,00 Closing Session

13,15 LUNCH

*Happiness is your nature and it's not wrong to desire it.
What it's wrong is seeking it outside when it is inside.
Ramana Maharshi*