

PROGRAM SNAPSHOT

THURSDAY, JUNE 7

6:00 -7:00 pm Welcome / Registration

7:00- 7:30 pm Gaura arti

7:30 -8:30 pm Bhagavad Gita Shloka Discussion:
Edification style

8:30 pm: Dinner Prasadam

FRIDAY , JUNE 8 & SATURDAY, JUNE 9

5:00- 6 :00 am Mangal arti/ Morning program

6:00 -7:30 am Japa on your own/ Japa walk

7:30 -8:00 am Darshan arti/ Guru puja

8:00 -9:00 am Bhagvatam Class

9:00-10:00 am Breakfast

10:00- 1:00 pm Plenary sessions: *Yogashala*

1:00-2:30 pm Lunch/ Rest

2:30 -4:00 pm Tour/ Walk/ Dham seva

4:00 -7:00 pm Snacks/ Drinks; Plenary sessions

7:00- 7:30 pm Gaura arti

7:30 -8:30 pm Dinner Prasadam

8:30 pm onwards Kirtan bliss

"The doctor of future will give no medicine; but will instruct his patients in the care of human frame in diet, and in the cause and prevention of the disease."

- *Thomas Edison*



BHAKTIVEDANTA MEDICAL ASSOCIATION RETREAT

JUNE 7-10, 2018

NEW VRINDABAN, WV



SUNDAY, JUNE 10

5:00- 6 :00 am Mangal arti/ Morning Program

6:00 -7:30 am Japa/ Japa walk

7:30 -8:00 am Darshan arti/Guru puja

8:00 -9:00 am Bhagvatam Class

9:00-10:00 am Breakfast

10: 00 am Farewell/Packed Lunch Prasadam

"Lord Caitanya says, *āpani ācari prabhu jīvera śikhāya*. One has to first of all exhibit himself that he is divine, then he can, I mean to say, serve others divinely."
Srila Prabhupada, May 04, 1968, Boston.

PHYSICIAN, HEAL
THYSELF

Register at www.newvrindaban.com

Email contact:
medicalretreat@gmail.com

FRIDAY, JUNE 8

5:00- 6 :00 am Mangal arti/ Morning Program

6:00 -7:30 am Japa/ Japa walk

7:30 -8:00 am Darshan arti/Guru Puja

8:00 -9:00 am Bhagvatam Class

9:00-10:00 am Breakfast

10:00- 10:15 am Pranayama/ Breathing exercise:
Dr. Anil Singhal

10:15 -10:45 am Heart Healthy Diet : A
Cardiologist Perspective : *Dr. Achala Singhal*

10:45 -11:00 am Surya Namaskar: *Raaghini
Devidasi*

11:00 -11:30 am Practical tips for quick meal
preparation: *Shopping/ cooking/ Ekadashi :*
Dr. Pooja Gupta

11:30 -12:00 pm Questions & Answers

12:00 -1:00 pm Oil free , heart healthy, cooking
demonstration: *Drs. Gupta & Singhal*

1:00-2:30 pm Lunch/ Rest

FRIDAY, JUNE 8 cont..

2:30 -4:00 pm Break out session:

Palace of Gold Tour/ Dham seva (*Dr. Sachin Mittal*)

4:00-7:00 pm Plenary sessions/ Snacks/ Drinks:

Yogashala

4:15-4:30 pm Kartal lessons: TBA

4:30 -5:30 pm Family bonding games *Drs. Premvilas
Das & Lalitha Devidasi*

5:30 -5:45 pm Gita shloka memorization: *tricks and
techniques: Dr. Tadi*

5:45 -6:05 pm Krishna Consciousness: A Youth's
perspective: *Rahul V. Rajaram*

6:05 -7:00 pm Devotee: Heart 2 Heart Panel
discussion: *Drs. Krishnamurthy & Venkatram*

7:00- 7:30 pm Gaura arti

7:30 -8:30 pm Dinner Prasadam

8:30 pm Onwards Kirtan bliss

SATURDAY, JUNE 9

5:00- 6 :00 am Mangal arti/ Morning
Program

6:00 -7:30 am Japa/ Japa walk

7:30 -8:00 am Darshan arti/Guru Puja

8:00 -9:00 am Bhagvatam Class

9:00-10:00 am Breakfast

SATURDAY, JUNE 9 cont..

10:00- 10:15 am Improving Japa: practical tips:
Dr. Tadi

10:15 -10:45 am Financial Planning: *TBA*

10:45 -11:00 am Back exercises/ Asanas: *Raaghini
Devidasi*

11:00 -11:30 am Physical/mental foundation of
Mahamantra Yoga: *Dr. Premvilas Das*

11:30 -12:00 pm How to grow your own food:
Drs. Sharma

12:00 -12:30 pm Medical updates: *Drs. Singhal*

12:30 -1:00 pm Spiritual Jeopardy: *Rahul V.
Rajaram*

1:00-2:30 pm Lunch/ Rest

2:30 -4:00 pm Breakout Session: Walking with the
Walking Monk/ Dham seva (*Dr. Sachin Mittal*)

4:00-7:00 pm Plenary sessions/ Snacks/ Drinks:
Yogashala

4:15-4:30 pm Spiritual Journaling: *Dr. Vasu*

4:30 -5:30 pm Grihastha ashram workshop: *How
well you know your spouse; Role of wife/ husband per
shastra: Drs. Gupta*

5:30 -5:45 pm Breathing Exercises: *Dr. Anil Singhal*

5:45 -6:05 pm Raising Krishna Conscious Children:
Dr. Vasu

6:05 -7:00 pm Feedback/ Survey: *Dr. Atul Kapoor*

7:00- 7:30 pm Gaura arti

7:30 -8:30 pm Dinner Prasadam

8:30 pm onwards: Boat Festival; Kirtan bliss

