

**\*Jai Shri Mataji\***

**"National YuvaShakti Seminar - 2017"**  
**at Nirmal Dham, Delhi**

**(From 12<sup>th</sup> to 15<sup>th</sup> August 2017)**

***"Nothing is more important than your ascent, higher and higher because it has a very great divine purpose , the ultimate climax where the whole humanity is to be saved, through your efforts. You have to work it out....."***

**8th, May, 1988: Sahasrara Puja - Fregene, Italy**

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**Dated 22<sup>nd</sup> April, 2017**

**Dear Brothers and Sisters,**

We all are well aware that the Yuva Shakti is an integral part of Sahaja Yoga. In fact, it is the foundation of Sahaja Yoga and for this foundation to grow deeper in meditation and to become powerful, dynamic, humble and effective instruments of Shri Adishakti we must ascend higher and higher!

With the blessings of Shri Mataji, a National Yuva Shakti Seminar is being organised at the sanctum sanctorum land of Nirmal Dham, New Delhi on 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> August, 2017 to coincide with Shri Krishna Puja to be offered at the Lotus Feet of Shri Adishakti on 13<sup>th</sup> evening.

The Delhi-NCR Yuva Shakti is thus delighted to invite each and every Sahaja Yogi / Yogini from each and every part of the country who has the pure desire for growth and ascent to come, participate and enjoy the bliss of meditation, togetherness and sustained ascent and growth!

The main objective of this seminar is to grow deeper in meditation and to attain our complete ascent and oneness with the Virata.

***"O Devi, please dissolve us completely at Thy Lotus Feet and grant us our Purnutthan so that Thy melody of Love can be played through us and that we become Thy reflections!"***

**The tentative schedule of the program is as given below:-**

**Venue:** Shri Adishakti Peetha Nirmal Dham, Chhawla Village, Param Pujya Mataji Shri Nirmala Devi Marg, Near Dwarka Sector 23, New Delhi-110071

**Day 1**  
**12<sup>th</sup> August 2017 (Saturday)**

<b>Program</b>	<b>Timings</b>
Registration	On Arrival
<b>Morning Session:</b> Mothers Guided Meditation, Mothers Speech, Documentary, Bhajans by Sahaja Yogi Children	10:00 AM to 1:30 PM
Lunch	1:30 PM to 2:30 PM
<b>Afternoon Session: 1.</b> Core Knowledge of Meditation & Subtle System 'Gyan' <b>2. Workshop &amp; Meditation</b> (Seven Chakras)	3:00 PM to 5:00 PM
Evening Tea	5:00 PM to 5:30 PM
Workshop & Meditation (Seven Chakras) continues.....	5:30 PM to 7:00 PM
<b>Evening Session:</b> Musical and Cultural Evening*	7:00 PM to 11:00 PM
Dinner	8:30 PM to 9:30 PM

**Day 2**  
**13<sup>th</sup> August 2017 (Sunday)**

<b>Program</b>	<b>Timings</b>
Morning Meditation & Aarti	6:00 A.M. to 7:00 A.M.
<b>Morning Workshop</b>	7:00 A.M. to 7:30 A.M.
Breakfast	8:30 A.M. to 9:30 A.M.
<b>Morning Session: (Workshop)</b> 1. Vibratory Awareness 2. Thoughtlessness 3. Introspection	10:00 A.M. to 1:30 P.M.
Lunch	1:30 P.M. to 2:30 P.M.
Shri Krishna Puja	Evening (Tentative 5:30 P.M.)
Dinner	After Puja....

**Day 3**  
**14<sup>th</sup> August 2017 (Monday)**

<b>Program</b>	<b>Timings</b>
Morning Meditation & Aarti	6:00 A.M. to 7:00 A.M.
<b>Morning Workshop</b>	7:00 A.M. to 7:30 A.M.
Breakfast	8:30 A.M. to 9:30 A.M.
<b>Morning Session:</b> 1. How to use vibratory awareness in daily life. 2. Cycle of Creation : Panchtatva 3. <b>Workshop &amp; Meditation:</b> Integration of Classical Music and Sahaja Yoga	10:00 A.M. to 1:30 P.M.

Lunch	1:30 PM to 2:30 PM
<b>Afternoon Session:</b> 1. Overall Development of Yuvashaktis 2. Importance of Spreading & How to Spread Sahaja Yoga	3:00 PM to 5:00 PM
Evening Tea	5:00 PM to 5:30 PM
<b>Evening Session:</b> 1. Medical Session 2. <b>Workshop:</b> Practical Clearance Session and various treatments to bring our subtle system into balance.	5:30 PM to 8:30 PM
Musical and Cultural Program*	8:30 P.M. to 11:00 PM
Dinner	8:30 PM to 9:30 PM

**Day 4**  
**15<sup>th</sup> August 2017 (Tuesday)**

Program	Timings
Morning Meditation & Aarti	6:00 A.M. to 7:00 A.M.
<b>Morning Workshop</b>	7:00 A.M. to 7:30 A.M.
Breakfast	8:30 A.M. to 9:30 A.M.
Flag Hoisting	9:30 A.M. to 10:00 A.M.
<b>Morning Session:</b> <b>Workshop:</b> How to establish Mooladhara Tatva in our subtle system.	10:00 A.M. to 12:00 P.M.
<b>Independence Day Celebration</b> (Musical and Cultural Program*)	12:00 P.M. to 2:00 P.M.
Lunch	2:00 P.M. Onwards.....
Departure	After Lunch.....

\*(Please refer point 5 & 6 in second last page)

**Event Contribution:**

Seminar Contribution - Staying (With Food)	
<b>Above 12 Year</b>	Rs. 800 /-
<b>Below 12 Year</b>	Rs. 500 /-

1. The event contribution can be paid at site itself during the programme on your arrival.
2. All the brothers & sisters participating in seminar are requested to inform us in advance, the details of individual yogis/yoginis i.e. name, age, gender and city/State together with date of their arrival at Nirmal Dham by 25th July, 2017 (in the 'Annexure' attached) so as to help us in making the necessary arrangements for their comfortable stay on our mail ids: [<allindiayuvashakti@gmail.com>](mailto:allindiayuvashakti@gmail.com) or they may inform to the contact nos. given on the last page.
3. As it would be normal and pleasant weather during those days and there won't be any arrangement to provide beddings etc at site, all yogis/yoginis participating in seminar are advised **to bring their own sheets etc.** However, Living Space with

spread carpets on floor would be made available in the 'Hangar' to all. It is also advised **to bring an umbrella** with you due to rainy season during those days in Delhi.

4. Food will be available for all the participants of seminar.
5. All the Yogis and Yoginis who wish to perform in the program are requested to inform and register for their presentations by 25<sup>th</sup> July 2017 through their Yuva Shakti Coordinators to the contact nos. given below on the last page. They may also submit the required information i.e. Name, Contact Number & presentation / performance detail etc. and register through our e-mail: <[allindiayuvashakti@gmail.com](mailto:allindiayuvashakti@gmail.com)>.
6. Performances consist of – Dance (Classical or Semi Classical), Dance Drama, Skit/Play, Vocal (Classical or Semi Classical), Qawwali, Instrumental. The performances particularly Dance Drama, Skit/Play should be message giving which covers various aspects and mythological stories related to Sahaja Yoga. **The performance time must be within 10 to 15 minutes.**
7. Expenses for food before 12th August and after 15th August will be extra.

*With Open Hearts,*

*Look Forward to Your esteemed Participation.*

***Love and Regards!***

***Puru Gupta***

***Delhi YuvaShakti Coordinator***

***(On behalf of Delhi & NCR Yuvashakti)***

#### **Contact numbers**

Sahaja Yogis are welcome to contact the following yogis for any clarification & further assistance please:

Mr. Puru Gupta: 09582100781

Mr. Rajesh: 09868858096

Mr. Ashray Singh: 09015146668

Mr. Vinayak Bhanuse : 08285356995

Mr. Atul Tyagi: 09311362830

Mr. Karan Mutneja: 09911237333

Ms. Nitasha Chadha: 09871312869



### **Transport Advisory:**

Transport including Public transports i.e. Auto etc. will be available for Nirmal Dham from Dwarka, Sector-21 Metro Station on 12th, 13th, 14th & 15th, August 2017. You may please use Metro to reach Dwarka, Sector-21 Metro Station.

#### **Guidelines to reach Dwarka, Sector-21 Metro Station from different places in Delhi:**

1. **Nizamuddin Station to Nirmal Dham:** Take local transport to Indraprastha Metro Station and take Blue line Metro till Dwarka, Sector-21 Metro Station.
2. **Anand Vihar ISBT to Nirmal Dham:** Take Blue line Metro till Dwarka, Sector-21 Metro Station.
3. **Kashmiri Gate ISBT to Nirmal Dham :** Take Metro till Rajiv Chawk and Change to Blue line Metro till Dwarka, Sector-21 Metro Station.
4. **New Delhi/ Old Delhi Station to Nirmal Dham:** Take Metro till Rajiv Chawk and Change to Blue line Metro till Dwarka, Sector-21 Metro Station.
5. **Sarai Rohilla Station to Nirmal Dham :** Take local transport to Karol Bhag Metro Station and take Blue line Metro till Dwarka, Sector-21 Metro Station.
6. **International Airport (T3) to Nirmal Dham:** Take airport express metro till Dwarka, Sector-21 Metro Station.
7. **Domestic Airport to Nirmal Dham:** Take local taxi services to reach Nirmal Dham.

#### **Taxi operators contact numbers in Delhi:**

OLA CABS: 011 33 55 33 55

MERU CABS: 011 44 22 44 22

EASY CABS: 011 43 43 43 43

MEGA CABS: 011 41 41 41 41

