

**SCHEDULE of “SELF HEALING RETREAT CAMP”at Pyramid Home  
Divine, Dehradun**

**Departure by bus or Train on 11<sup>th</sup> Night for Dehradun and reaching 12<sup>th</sup>  
Morning at Pyramid Home Divine by own conveyence**

**Day - 1**

*Freshening up with herbal /green tea/Tea as per your choice*

**9 AM -10 AM: Breakfast**

**10 AM – 1 PM: Checking Chakras & Aura Length & Removing Geopathic Stress and Introductory session.**

**1 – 2 PM: Lunch**

**2 – 5 PM: Rest**

**5 PM – 5.30 PM: Tea & Refreshment.**

**5.30 to 8.30: Classes on “Self-Healing” Science by Dr BK Chandra Shekhar**

**8:30: Dinner & Good night.**

**Day - 2**

**5.30 AM – 7.30: Tea & Hot Water serving for bath & freshening up**

**7.30 – 9:00 Practical Self-Healing Exercises Session,**

**9:00 – 10.00: Breakfast**

**10.00 AM - 1 PM: Session by International Healer Dr. Katan Shah.**

**1 PM – 2 PM: Lunch**

**2 PM –4 PM: Rest**

**4 PM – 5.30 PM: Practical Third Eye activation Session by Music & Concentration**

**5.30 PM: Tea & snacks**

**6.00 – 7.30 PM: Class by Dr Ketan Shah**

**7.30 – 8.30 PM: Mass Healing in Pyramid King Chamber by Dr Chandra**

**8.30: Dinner & Good night**

## **Day – 3**

**5.30 AM – 7.30:** Tea & Hot Water serving for bath & freshening up

**7.30 – 9.00:** Practical Self-Healing Exercises Session

**9.00 – 10.00:** Breakfast

**10.00 AM - 1 PM:** Session by International Healer Dr. Chandra Shekhar Tiwari.

**1 PM – 2 PM:** Lunch

**2 PM –4 PM:** Rest

**4 PM – 5.30 PM:** Practical Third Eye activation Session by Music & Concentration

**5.30 PM – 6.00 PM:** Tea & snacks

**6.00 – 8.30 PM:** Class by Dr BK Chandra Shekhar on Mind & Memory

*Empowerment, Exercises & Practical steps of developing concentration power.*

**8.30:** Dinner & Good night.

## **Day - 4**

**5.30 AM – 7.30:** Tea & Hot Water serving for bath & freshening up

**7.30 – 9.00:** Practical Self-Healing Exercises Session

**9.00 – 10.00:** Breakfast

**10.00 AM - 1 PM:** **Concluding** Session by International Healer Dr. Chandra Shekhar Tiwari.

**1 PM – 2 PM:** Lunch & Departure for the new beginning

### **The amount in the following account:**

**ICICI BANK  
SIGFA SOLUTIONS  
A/C NO-085701001642  
IFSC CODE-ICIC0000857  
SWIFT CODE-ICICINBBNRI  
BRANCH-SECTOR-35 FARIDABAD**

**OR**

**You can also pay us online by Credit / Debit card from our Website [www.sigfasolutions.com](http://www.sigfasolutions.com) Click on CONTRIBUTE ONLINE option.**