

SCHEDULE Of
“SELF HEALING RETREAT CAMP”
At the bank of TIRTHAN River “KULLU – MANALI”

Departure for Camp (By AC Bus VOLVO) from Majnu ka Teela at 6:00 PM)

Day 1 – Arriving at Camp Himalayan by 7:00 AM.

Day 5 - Back in Delhi at 6:00 AM in the morning.

Day - 1

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

- **9.00 AM -11.00 AM:** Breakfast.
 - **11.00AM – 1.00 PM:** Checking Chakras & Aura Length & Removing Geopathic Stress.
 - **1.00PM – 2.00 PM:** Lunch.
 - **2.00 PM – 5.00 PM:** Rest.
 - **5.00 PM – 5.30 PM:** Tea & Refreshment.
 - **5.30 PM to 8.30 PM:** Classes on “Self-Healing” Science by Dr BK Chandra Shekhar.
 - **8:30 PM:** Dinner & Good night.
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Day - 2

- **5.30 AM – 7.30AM:** Tea & Hot Water serving for bath & freshening up.
- **7.30AM – 8.30AM:** Practical Self-Healing Exercises Session.
- **8.30AM – 9.30AM:** Breakfast.
- **10.00AM:** Departure for sightseeing by local hired taxi to Jalori Pass (Height 11000 ft), distance is about 30 kms with a packed, picnic lunch. At Jalori Pass, there are the largest green meadows declared as world heritage worth to visit and from where a 360-degree view of the Great Himalayas is visible.

- **5.30 PM:** Tea & snacks after arrival.
 - **6.30 PM – 8.30 PM:** Class by Dr BK Chandra Shekhar on Mind & Memory Empowerment.
 - Exercises & Practical steps of developing concentration power.
 - **8.30 PM:** Dinner & Good night
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Day - 3

- **5.30 AM – 7.30 AM:** Tea & Hot Water serving.
 - **7.30AM – 8.30AM:** Practical Self-Healing Session.
 - **8.30AM – 9.30AM:** Breakfast.
 - **10.00 A.M – 1.30 P.M:** Trekking to waterfall for those who can walk and climb.
 - **2.00 PM – 4.00 PM:** Lunch & Rest.
 - **4.00 PM to 5 .30 PM:** Self-Healing techniques.
 - **5.30 PM – 6 PM:** Tea break.
 - **6.00 PM – 8.30 PM:** Class by Dr BK Chandra Shekhar on Removing Neuro Emotional Blockages & Emotional Healing.
 - **8.30 PM:** Dinner & Good night.
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Day - 4

- **5.30 AM – 7.30 AM:** Tea & Hot Water serving.
- **7.30 AM – 8.30 AM:** Practical Self-Healing Session.
- **8.30 AM – 9.30 AM:** Breakfast.
- **9.30 AM – 01:30 PM:** River Crossing activities for those who can do it / personal counselling by Dr BKChandra Shekhar for those who cannot walk and go.

1:00 PM– 5.00 PM: Feed Backs and Questions & Answer sessions with evaluation of improvementsof chakras status & Aura Length by mind testing machine and universal scanner. Group Photograph, - Tea, and snacks with packed dinner departure at 5 PM for Delhi.

**25th, October 2018 arrival at
Majnu ka Teela on 6 AM.**

Please Note : -

Only BSNL /AIRTEL/JIO NETWORK AVAILABLE.

 Bring Warm clothes & Sports Shoes.

 Arrange Travelling Food (Dinner) & water for 20th Oct, 2018.

CAMP HIMALAYA PAYMENT & DEPARTURE DETAILS.

- The camp is organized for 4 days. The contribution is for conveyance (Departure point to camp and back), Accommodation, Food, Sightseeing & Himachal Tourism Tax for this camp is (Rs. 14000/-) *fourteen thousand only*).

11,000 Camp Fee + Volvo Bus Fee = 3,000/-

- Self-Healing Training by DR BK Chandra Shekhar is free.
- Children can also join this camp, the charges are as follows :-
 - Up to **5 years of age** no charges.
 - Children between **5 yrs to 11 yrs** will be charged 50% of the base fare (11,000) i.e. **Rs. 5,500 /- + Volvo bus charges 3000/- (To and Fro)**
Total Amount = 8,500/-
 - Children **above 11 yrs.** of age will be charged full amount.
- For registration/ booking please deposit 50% amount in advance.
- Balance amount to be paid within one week before camp date.

Please deposit the amount in the following account:

ICICI BANK

SIGFA SOLUTIONS

A/C NO-085701001642

IFSC CODE-ICIC0000857

SWIFT CODE-ICICINBBNRI

BRANCH-SECTOR-35 FARIDABAD

Thank You