

3 Day Intensive Healing Retreat

Learn to Cure Any Ailment with PsychoNeurobics in Bir, Himachal Pradesh 3rd till 5th May, 2019

Set amidst tea plantations with splendid views of surrounding snow-capped Dhauladhar Mountains, Bir, with its winding paths and thick woods, is renowned for being home to spirituality. Also known as the **paragliding capital of India**, Bir offers the perfect amalgamation of adventure and spirituality.

The scenic surroundings of Bir provide the perfect backdrop for the classes on **PsychoNeurobics**, meditation and rejuvenating activities. Add to that multiple workshops for all age groups under Dr. Chandrasekhar's guidance and you have an exhilarating experience.

Some of the major benefits of this self-healing retreat:

1. In this Retreat Dr. Chandrasekhar will teach you the hands on technique of Psychoneurobics through which, **you can heal various ailments like Diabetes, Blood Pressure, Arthritis, Depression, Anxiety, Stress and several other diseases/ailments**
2. **PsychoNeurobic Spa**: Each day you quieten your mind and with PsychoNeurobic spa - a powerful meditation technique for restoring body-mind balance.
3. **SIGFA Healing**: Learn the secrets of achieving holistic health through the SIGFA healing technique developed by Dr. B.K. Chandrasekhar, to make you receptive to the flow of positive energy.
4. **Mind & Anger Management**: The recreational activities and practical spiritual discourse by Dr. B.K. Chandrasekhar help in releasing emotional toxins in the form of unprocessed anger, hurt or disappointment.
5. **Pure satvik diet**: One can enjoy delicious, healthy and pure *satvik* diet.
6. **Sleep Management With Yoga Nidra**: Get hands-on training in Yoga Nidra, a form of Yogic Meditation for ultimate relaxation of the body and mind.
7. **Relationship Management**: Cultivate loving relationships with fellow visitors and family members.
8. Adventure enthusiasts can enjoy the thrill of **paragliding in Bir** (optional).

[Stay at the beautiful Colonel's Resort](#)

Itinerary:

Day 1 - 3rd May, 2019 (Friday)

Arrival followed by breakfast.

11:00 am – 1:30 pm: Checking of Chakras & Aura Length and removing Geopathic Stress

1:30 pm onward: Lunch & rest

5:00 pm - 5:30 pm: Tea & refreshment

5:30 pm - 8:30 pm: Class by Dr. B.K. Chandrasekhar on "Self-Healing Science" and "Mind & Memory Empowerment", with emphasis on exercises and practical steps for developing concentration power.

8:30 pm onward: Dinner

Day 2 – 4th May, 2019 (Saturday)

7:30 am - 8:30 am: Practical self-healing exercise session

8:30 am - 9:30 am: Breakfast

10:00 – 1:30 pm: Class by Dr. B.K. Chandrasekhar on "Removing Neuro Emotional Blockages & Emotional Healing"

1:30 pm - 3:00 pm: Lunch and rest

3:00 pm - 5:00 pm: Class by Dr. B.K. Chandrasekhar on "Self-Healing Techniques"

5:00 pm - 5:30 pm: Tea & refreshment

5:30 pm - 8:30 pm: Lecture by Dr. B.K. Chandrasekhar, followed by Psychoneurobicspa practice

8:30 pm onward: Dinner

Day 3 - 5th May, 2019 (Sunday)

7:30 am - 8:30 am: Practical self-healing exercise session

8:30 am - 9:30 am: Breakfast

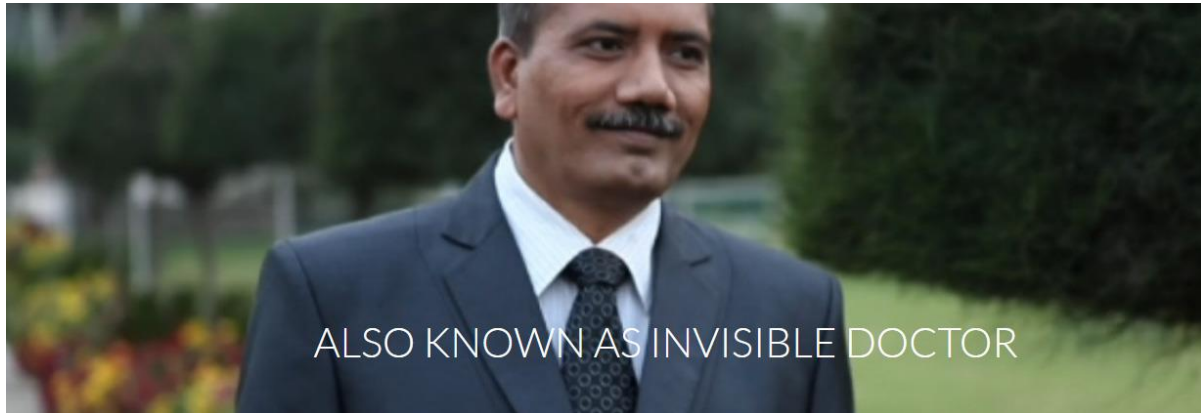
9:30 am – 11:30 am: Feedback, Q & A session and one-on-one counselling with Dr. B.K. Chandrasekhar

12:00 pm - Check out from the resort

12:30 pm onward: Those who are interested can go for paragliding and sightseeing (**Cost of paragliding is approximately Rs. 2200 per person; this cost is not included in the package**)

3:00 pm onward: Departure for Delhi

About Dr. B.K. Chandrashekhar



Dr. B.K. Chandrasekhar is a Guinness record, Asia book of records, India book of records holder. He was suffering from cancer, liver cirrhosis, hepatitis C. He cured himself and has helped over 10000 people worldwide with over 4000 seminars done at national and international level.

He invented the New Science of Healing known as **SIGFA HEALING THROUGH PSYCHO NEUROBICS**. Currently, he is the President of SIGFA Solutions and Chairman of SIGFA College of Psycho Neurobics & Yoga research Centre at Camp Himalayan, Banjar Valley, Gushani, Dist. – Kullu, Himachal Pradesh.

He is a Raj Yogi and faculty member of Raj yoga Education and Research foundation (New Delhi). He is a spiritual healer and Member of Healing International, South Wales (United Kingdom). He is an inspirational author and alumnus of three university - Punjab University (Chandigarh), Annamallai University (Chidambaram) and Tamil Nadu Physical & Sports University (Chennai).

He is the winner of 'Sunrise Peace Mission Award - 2008' of Nagpur for his contribution in public health service through 'Psycho Neurobics & Raj yoga'.

Retreat Cost:

Register for this Retreat at a highly discounted price of:

~~Rs. 25,000~~

Rs. 19,000 per person + 5% GST

(on twin sharing basis)

***Single occupancy is also available*

Travel:

From Delhi to Bir we will travel by Volvo bus and then by cab till the Resort. We will be booking the tickets and cabs for you. Fares will be as per actuals.

**Limited to 20 Participants Only
8 Seats Left**

To Know more call- Mohit 9910185042, Annu Bala 8595155420 or simply reply to this email. Write to us at: journey@soulcentric.in