



Dr. BK Chandra Shekhar
World renowned International
Healer & Guinness Book of World
Record Holder

SIGFA
Solutions
Health & Happiness for All

**4 Days
Retreat**

PYRAMID HOME DIVINE DEHRADUN

PSYCHONEUROBICS

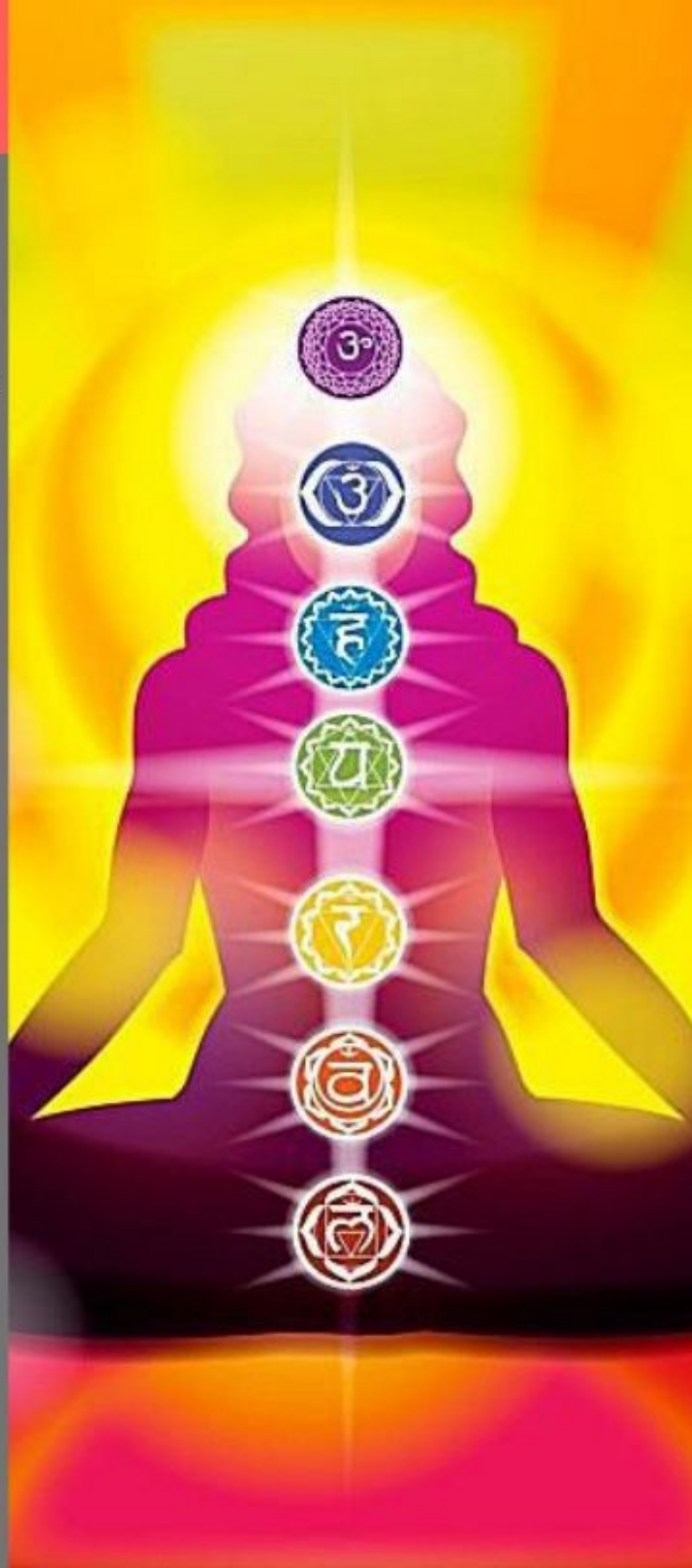
**SELF HEALING
RETREAT CAMP
AT**

Dehradun

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DAY 1

12.00 PM – 2.00 PM: Lunch
3.00 PM – 5.00 PM: Welcome & Inauguration
5.00 PM – 5.30 PM: Tea & Refreshment.
5.30 PM to 7.30 PM:
(Session - 1) Classes on
"Self-Healing"
7.30 PM – 7.45 PM: Soup Break
7.45 PM – 8.30 PM: Meditation
in King Chamber
8.30PM: Dinner & Good
night.

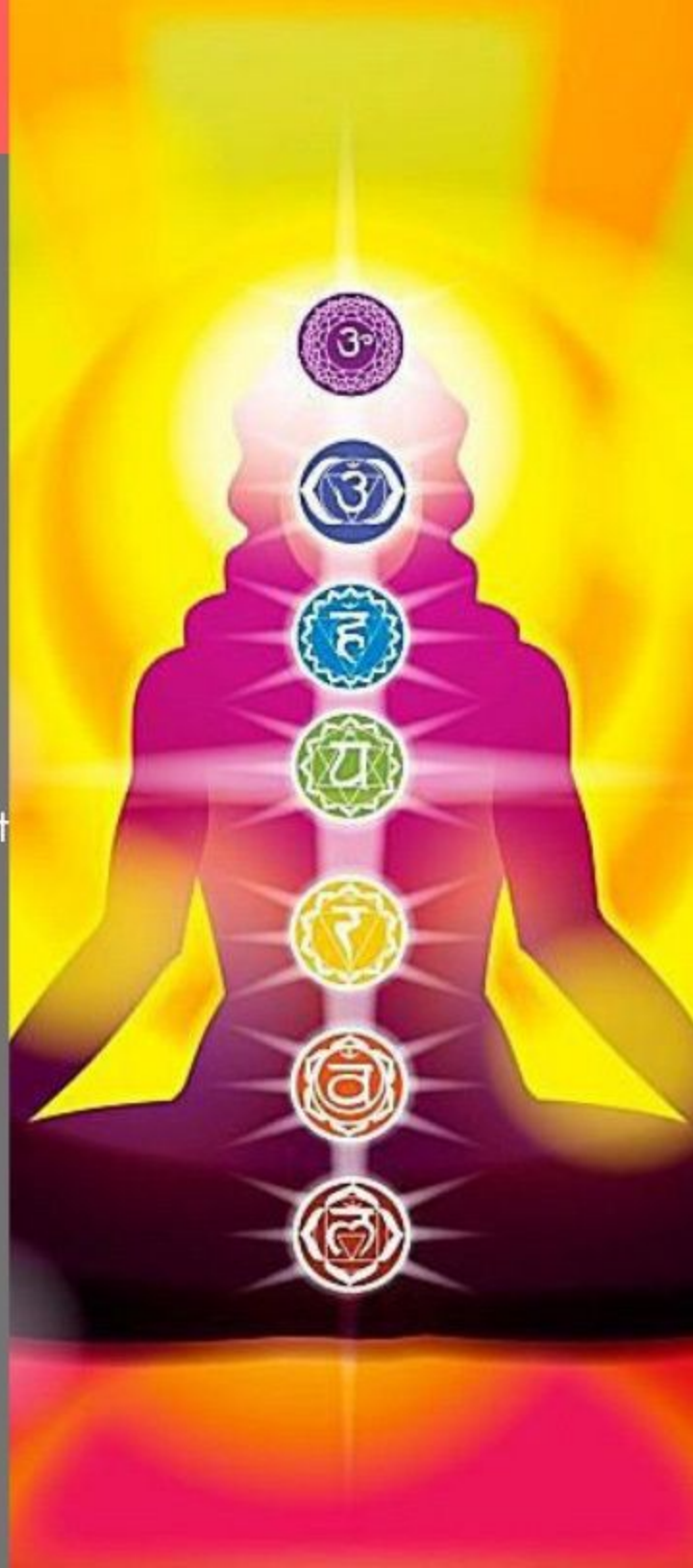


DAY 2

7.00 AM – 9:00 AM: Practical
Self-Healing Exercises Session.
(Fresh Juice Serving)
9:00 AM – 10.00 AM: Breakfast
10.00 AM – 11.30 PM:
(Psychoneurobic Session - 2)
11.30 AM – 12.00 PM: Tea Break
12.00 PM – 1.30 PM:
(Psychoneurobic Session - 3)
1.30 PM – 4.00 PM: Lunch & Rest
4.00 PM – 5.30 PM:
(Psychoneurobic Session - 4)
5.30 PM to 6.00 PM: Tea Break
6.00 PM – 7.30 PM:
(Psychoneurobic Session - 5)
7.30 PM – 7.45 PM: Soup Break
7:45 PM – 8.30 PM: Healing
Meditation in King Chamber
8.30PM: Dinner & Good night

DAY 3

7.00 AM – 9:00 AM: Practical Self-Healing Exercises Session. (Fresh Juice Serving)
9:00 AM – 10.00 AM: Breakfast
10.00 AM – 11.30 PM:
(Psychoneurobic Session – 6)
11.30 AM – 12.00 PM: Tea Break
12.00 PM – 1.30 PM:
(Psychoneurobic Session – 7)
1.30 PM – 4.00 PM: Lunch & Rest
4.00 PM – 5.30 PM:
(Psychoneurobic Session – 8)
5.30 PM to 6.00 PM: Tea Break
6.00 PM – 7.30 PM:
7.30 P M – 7.45 P M: Soup Break
7:45 P M – 8.30 P M: Healing Meditation in King Chamber
8.30 PM : Dinner & Good night



DAY 4

7.00 AM – 9:00 AM: Practical Self-Healing Exercises Session. (Fresh Juice Serving)
9:00 AM – 10.00 AM: Breakfast
10.00 AM – 11.30 PM:
(Psychoneurobic Session – 10)
11.30 AM – 12.00 PM: Tea Break
12.00 PM – 1.30 PM: (Feedback, Q n A Session & Certificate Distribution)
1.30 PM – 3.00 PM: Lunch & Departure.

PAYMENT DETAILS

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