

# A JOURNEY TO HEALTH

EXPERIENCE COMPLETENESS  
A FIVE DAY RETREAT

Facilitators: Dr Rajan Sankaran and Team

Fees: Rs 20,000 (Indian Nationals)  
510 \$ for International participants

Inclusive of accommodation, food and the whole program. Travel not included

## WHAT IS SAMPOORNAM?



*Sampoornam is a complete holistic healing centre. It is situated in the midst of majestic mountains on the banks of lake Pawna where nature, stillness and freshness work their magic. A five day program here is the beginning of your own healing through the awareness of your unique inner pattern along with other healing techniques that encompass and align the mind, body and spirit.*



## WHY DO YOU NEED A RETREAT?

*It is said that even if one wins the rat race, one still remains a rat!*

*We are all increasingly becoming aware that as the stresses of the modern world work on us, we are losing our health, emotional stability and peace of mind. We are losing our bearings, our priorities and our life. We may be adding years to our lives but not life to our years. In order to recover what we are losing, we need to re-orient ourselves, to re-discover ourselves and where lies our true happiness and peace. We need to bring our attention to what can make us healthy in body, mind and spirit. Such a re-orientation is possible when we can find the right location in the midst of nature and we can find the right processes and guidance to make it happen. Then a complete healing can be initiated.*



## WHAT DO WE OFFER YOU?

*You live here, on site in the midst of nature on the banks of lake Pawna for five days...*

*Where each day is a combination of activities that work on the mind, body and spirit...*

*Carefully curated with the intention of becoming aware of the real reason of stress...*

*And an insight into one's own pattern...*

*With an introduction to witnessing...*

*Giving an experience of oneness and peace within.*

## HOW DO WE OFFER?

*We include processes like WISE, music, meditation, nature walks, yogasans, plant-based diet with cooking demonstrations, community kitchen and many more...*

*WISE*

*(Witnessing the Inner Song Experience)*

*are specially designed unique processes that introduce you to mindfulness, awareness of your own pattern and cause of stress.*

*(for further details please check [www.sampoornamhealing.com/offerings/activities](http://www.sampoornamhealing.com/offerings/activities))*

*[www.sampoornamhealing.com/accommodation](http://www.sampoornamhealing.com/accommodation))*



## SCHEDULE OF A DAY : ( SUBJECT TO SPONTANEITY)

- 6:15am Fresh Smoothie
- 6:30am-8am Yoga
- 8am-8:30am Cooked Breakfast
- 8:30am-9:45am Bathing Time
- 9:45am-10am Eating fresh Fruits
- 10am-12noon Meditation
- 12pm-2pm Community Kitchen; Cooking Demo & Lunch
- 2pm-3pm Rest in Auditorium
- 3pm-4:30pm Process devised by Dr Sankaran (WISE)
- 4:30pm-5pm Herbal Drink, Snacks
- 5pm-6:30pm Nature Walk
- 6:30pm-7:30pm Dinner
- 7:30pm-8:30pm Singing /Drumming/Group Activities
- 8:30pm Group Sharing



## PAYMENT DETAILS :

|                           |  |
|---------------------------|--|
| <b>Fees :</b>             | <b>Rs 20,000 for Indian Nationals<br/>\$ 510 for Foreign Nationals<br/>(Includes food and accommodation, but not transport )</b>   |
| <b>TRANSFER DETAILS:</b>  |  |
| <b>Beneficiary Name :</b> | <b>Homoeopathic Research and Charities</b>   |
| <b>Beneficiary Add :</b>  | <b>F-2, Saraswath Colony, Off Linking Road, Opp. Hdfc Bank, Santacruz – (West), Mumbai – 400 05.<br/>India.</b>  |
| <b>Bank address :</b>     | <b>Vijaya Bank, Pearl Queen Apartment, North Avenue Road,Santacruz – (West), Mumbai – 400 054.<br/>INDIA.</b>  |
| <b>Branch:</b>            | <b>Santacruz (west)</b>  |
| <b>Account No:</b>        | <b>501706011000074</b>   |
| <b>IFSC:</b>              | <b>VIJB0005017</b>   |
| <b>SWIFT CODE :</b>       | <b>VIJBINBBRFM</b>   |
|                           | <b>For international payments: Please remit funds to Citi Bank N.A. New York (SWIFT CODE: CITIUS33XXX) for the credit of Vijaya Bank a/c number 36048639 (SWIFT CODE : VIJBINBBRFM).</b> |
|                           | <b>PLEASE SEND EMAIL CONFIRMATION OF TRANSACTION DETAILS ON<br/>accts@onlinehmp.com</b>  |