

JVB



JVB Paryushan Kids Schedule:

29th August-6th September 2016

Evening Session: 7pm-9:15pm

7-8pm: Pratikraman (Hindi & English)

8-8:30pm: Forgiveness Series by Lily

8:30-9pm: Memorising Sutra (Samayika Sutra and Icchami)

9-9:15pm – Games

Saturday 4th September and Sunday 5th September – Full

Day Events 10am-9pm

Saturday 3rd September – Kids Event		
Saghana Sadhana shivir		
10-10:45am	Yoga & Meditation	Nayrobi
10:45-12pm	Why and how I celebrate Paryushan?	Sonal Udani
12-12:30pm	Kids Presentation in Adult Session	
12:30-1:30pm	Lunch	
1:30-2:45pm	Why do I take vow or resolution (Vrat or Baadhaa)	Manoj Jain
2:45-3:15pm	Mantra	
3:15-3:45pm	Tea Break	
3:45-4:45pm	Power of Fasting	Renu Dhariwal
4:45-5:15pm	Logassa: Why Prayer to 24 Bhagavan	Pooja Jain
5:15-6:15pm	Dinner	
6:15-6:30pm	Gaman Yoga	Walking Meditation
6:30-7:30pm	Pratikraman	
7:30-9pm	Apply Pratikraman (Self Analysis) in daily Life	Nidhi Jain

Sunday 4th September – Kids Event**Saghana Sadhana shivir**

10-10:45am	Yoga & Meditation	Nayrobi
10:45-11.45pm	You get what you think (Bhavana)	Manoj Jain
11.45 to 12.00	Create your Mask	Art work
12-12:30pm	Kids Presentation	
12:30-1:30pm	Lunch (Bhavana Song)	
1:30-2:30pm	I love Appreciation	Sonal Udani
2:30-3pm	Mantra	
3-3:30pm	Tea Break	
3:30-4.30pm	What is Equanimity	Pooja Jain
4.30-5.30pm	Compassion	Lily
5:30-6:15pm	Dinner	
6:15-6:30pm	Gaman Yoga	Walking Meditation
6:30-7:30pm	Pratikraman	
7:30-9pm	How to make Friends	Sourav Bothra