

Group Meditations • Online Meditations • Full Moon Meditations | Free & Open to all

Centre for Natural Healing and Meditation | Bonne-Terre, Vacoas | 426-0586, 5704-3073 | www.cnhm.mu

| Monday | Wednesday | Friday | Saturday | Sunday |
|--|---|--|--|---|
| 10:00 – 11:30 Maha Mrityunjaya Mantra Chanting | 10:00 – 11:30 Gayatri Mantra Chanting | 10:00 – 12:00 Reiki Healing Attunement & Chakra Meditation | | 06:00 – 08:00 Special Chakra Meditation & Study Session by Master Vijay |
| 17:30 – 18:45 So Hum - Meditation for healing through self awareness | 17:30 – 19:30 Reiki Healing Attunement & Chakra Meditation | 17:30 – 18:45 So Hum - Meditation for healing through self awareness | 17:30 – 18:45 Metta Meditation - For peace, loving kindness and good karma | |
| Online Meditation Daily on Zoom Zoom ID: 887 659 978 Password: 1111 | 05:00 – 06:15 | Reiki Treatment with healing affirmations for health, vitality & growth | | |
| | 06:15 – 06:50 | So Hum - Meditation for healing through self awareness | | |
| | 06:50 – 07:05 | Study Session & The Great Invocation | | |
| | 14:30 – 15:45 | Reiki Treatment with healing affirmations for health, vitality & growth | | |
| | 20:20 – 20:40 | Study Session & The Great Invocation | | |
| Full Moon Meditation 16:30 – 18:15 | Feb 2 • Mar 4 • Apr 2 • May 1 • Jul 1 • Jul 29 • Aug 28 • Sep 26 • Oct 26 • Nov 25 • Dec 24 | | | |

General Guidelines for all meditations:

- Be at least 5 minutes before the meditation session
- Always do physical and breathing exercises to prepare yourself for the meditation
- Always do exercise after the meditation
- Maintain a physical body hygiene as we are going to meditate in a group.



Healthy Saatvik Food

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| SPECIAL THALI Lunch & Dinner | Rs 225 |
| MINI MEALS | Rs 60 – Rs 120 |
| GO LITE MEALS | Rs 120 |
| SNACKS | Rs 40 – Rs 120 |
| SWEETS | Rs 45 – Rs 80 |

- ✓ We make fresh healthy saatvik foods for lunch and dinner daily.
- ✓ Lunch & snacks: Dine-in or takeaway.
- ✓ Dinner: Takeaway only.
- ✓ We take special orders also for special events
- ✓ Order on 4260586, 57043073

Yoga, Tai Chi, Pilates, Karate Classes & Reiki Healing Treatment

| Day | Time | Activity | Facilitator | Monthly Fee |
|-------|---------------|-------------------------|----------------|------------------------|
| Mon | 10:30 – 11:30 | Yoga | Ms. Sarita | Rs 500 |
| Mon | 18:00 – 19:00 | Yoga | Ms. Rekha | Rs 500 |
| Wed | 05:30 – 06:30 | Power Yoga | Mr. Prakash | Rs 500 |
| Wed | 10:30 – 11:30 | Yoga | Ms. Sarita | Rs 500 |
| Thurs | 09:30 – 10:30 | Tai Chi | Mr Yasin | Rs 500 |
| Thurs | 18:00 – 19:00 | Pilates | Mr. Meekash | Rs 800 |
| Fri | 18:15 – 19:15 | Karate (Above 14rs) | Mr Avinash | Rs 500 |
| Sat | 06:00 – 07:00 | Power Yoga | Mr. Prakash | Rs 500 |
| Sat | 14:00 – 15:30 | Yin Yoga | Mr. Meekash | Rs 600 |
| Sun | 07:30 – 08:15 | Kids Yoga (7-12 yrs) | Ms. Radhekshmi | Rs 300 |
| Sun | 09:30 – 10:30 | Karate (Kids/Adults) | Mr Avinash | Rs 300 / Rs 500 |
| Sun | 11:30 – 12:30 | Tai Chi | Mr Yasin | Rs 500 |
| Daily | 09:00 – 17:00 | Reiki Healing treatment | On appointment | Rs 800 Per 1hr session |