

## Dharma Inc.'s Annual Retreat 2023

# "The Power of Self Healing"

Sunday, April 30<sup>th</sup>

8:15 – 3 PM

Sri Vishnu Sahastranaam Mandir  
851 W Donegan Ave., Kissimmee, FL 34741



### Retreat Agenda

8:15 - 8:45 am	Registration & <i>Gratitude Circle</i>	
8:50 - 9:35 am	<i>"The Power of Breath, Art of Living"</i>	Anu Raj
9:40 - 10:10 am	<i>Power Breakfast</i>	
10:15 - 11:00 am	<i>"Your Conscious Mind"</i>	Keynote Speaker, Dale M. Smith
11:05 - 11:45 am	<i>"Yoga with Franny"</i>	Francine Ferrara
11:50 - 12:30 pm	<i>Lunch</i>	
12:35 - 1:30 pm	<i>"Align the Body"</i> (Lecture & Interactive)	Priya Maharaj, DO
1:35 - 1:45 pm	<i>Snack</i>	
1:50 - 2:30 pm	<i>"Bringing the Day Together"</i>	Keynote Speaker, Dale M. Smith
2:35 - 3 pm	Votes of Gratitude & Presentation	