

The Life Eternal Trust, Mumbai

Unit No 1111, 11th Floor, Hubtown Solaris, N. S. Phadke Marg, Andheri (E), Mumbai 400 069
+91-22-2684 3169 +91 7738 1111 85 mumbailet@gmail.com www.sahajayogamumbai.org

Charity Comm. Regd. No. E/4884 (B) 1972



Her Holiness Mataji Shree Nirmala Devi
(Founder of Sahaja Yoga)

International Sahaja Yoga Seminar – 2024 Nirmala Nagari, Ganapatipule December 22 – 25, 2024

August 21, 2024

Dear Brothers and Sisters,

“JAI SHREE MATAJI”

With the divine blessings of HER HOLINESS MATAJI SHREE NIRMALA DEVI, The Life Eternal Trust, (Mumbai) is delighted to invite and welcome you to the International Sahaja Yoga Seminar 2024 at Nirmala Nagari, Ganapatipule, Maharashtra from **December 22 to December 25, 2024**. As we all know, Ganapatipule is the place of Shri Maha Ganesha. It is also the place where Shri Ganesha is in its complete matured form. It is also the place which was specially selected by Shree Mataji who has immortalized it by celebrating Christmas there with thousands of us continuously for nearly two decades. You all will agree that it is a special location vibrated over the years with Shree Mataji's Divinity and vibrations of the global collective.

I. PROGRAMME SCHEDULE - as per Indian Time (IST)

	22 December (Sunday)	23 December (Monday)	24 December (Tuesday)	25 December (Wednesday)
6.00 AM	Morning Meditation			
8.30 to 10.00 AM	Breakfast / Cleansing at the Sea			
10.30 AM	Havan / program announcements	Seminar / Cultural program / collective meditation	Seminar / Cultural program / collective meditation	Seminar / collective meditation
1.30 to 3.00 PM	Lunch			
4.30 to 5.30 PM	Cleansing at the sea			
6.30 PM onwards	Musical / Dance/ Drama evening			Christmas Puja
8.30 to 10.30 PM	Dinner			Mahaprasad

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II. CONTRIBUTION TOWARDS SEMINAR EVENT EXPENSES IN INDIAN RUPEES

A) Indian Sahaja yogis - Contribution for SEMINAR:

	Up to December 15th	From December 16th	At Puja site
Payment Methods	ONLINE PAYMENT		CASH
Adults	3,600/-	4,500/-	5,500/-
Yuvas (Up to Age 25)	2,700/-	3,500/-	4,500/-
Children (6-12 years)	1,800/-	2,500/-	3,000/-
Children below 6 years	Nil	Nil	Nil

Indian Sahaja yogis - Contribution for ONLY PUJA DAY on December 25, 2024:

Payment Methods	ONLINE PAYMENT	CASH
Adults, Yuvas, Children	900/-	1200/-

- **Payment mode:** Seminar Contribution to be made only using the **Online Payment Gateway link <https://www.sahajayogamumbai.org/gpseminar/>**
- **Issuance of Badges:** Seminar badges will be issued at Seminar Site/ Trust office. "Only Puja Day" Badges will be given at the seminar site on December 25, 2024 morning after 8 am.
- **Inclusion:** Seminar Event expenses include charges for Stay & Meals (i.e. breakfast, lunch, dinner) from December 22 to 25, 2024. "Only Puja Day" Badges covers only Puja and Mahaprasad.
- **Food and Stay:** Food charges are separately payable for December 21 and December 26, 2024. Accommodation will be provided free for these two days only, based on availability. For stay and food other than seminar dates, please submit details on the link https://www.sahajayogamumbai.org/gpseminar/food_charges.php latest by December 15, 2024.
- **Cancellation:** Requests for cancellation shall be entertained only till December 15, 2024.

B) Foreign Sahaja Yogis - Contribution for SEMINAR Event Expenses in INDIAN RUPEES:

Foreign Sahaja Yogis **HAVE TO** register for the seminar on the link <https://www.sahajayogamumbai.org/foreigner-registration-gp/> latest by December 15, 2024. Payment of contribution should be made on arrival in **INR only**, as under:

	NON-SAARC Countries	SAARC Countries
Adults	9,000/-	4,500/-
Yuvas (Upto Age 25)	7,000/-	3,500/-
Children (6-12 years)	7,000/-	2,500/-

- While registering, you are requested to upload copies of your passport, visa and your photo while registering. Alternatively, you need to carry 3 photocopies of passport and visa at seminar site, as it is needed to be submitted to government authorities.
- For SAARC countries, accommodation provided will be same as that of Indian Nationals.
- No Donations should be made into Trust account by Foreigners.

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IV. PERFORMANCES AT THE SEMINAR

It will be our endeavor to include performances by foreign Sahaja Yogi brothers and sisters in this year's seminar also. We would therefore request all Foreign and Indian Sahaja yogi brothers and sisters, who are interested to perform / participate to send details of their desired program on seminar.performances@sahajayogamumbai.org latest **by November 25, 2024**

V. CLASSES AT VAITARNA MUSIC ACADEMY

Classes (in Vocals, Musical instruments and Dances) at the holy land of Shri P. K. Salve Kala Pratishthan, (Vaitarna Academy) is scheduled from December 28, 2024 to January 1, 2025. Details are available on www.pksacademy.com. For details you may write to spkskp.music@gmail.com.

VI. MAHARASHTRA TOUR

You will surely recall that Her Holiness Shree Mataji has Herself led several batches of Sahaja Yogis from all over the world on two-week long tours of Maharashtra, the land of the Adi Kundalini and Ashta Vinayaka Swayambus. We are seeking to keep alive this practice started by Her Holiness Shree Mataji and with Her blessings, another Maharashtra Tour is being organized before this year's seminar to collectively visit and enjoy the vibrations at places with spiritual history and traditions along with natural beauty in the Holy land of Maharashtra.

The Maharashtra Tour 2024, would start from Mumbai on the morning of **December 16, 2024 (tentatively) and end at Ganapatipule on December 21, 2024 evening**. Tour itinerary, payment instructions etc. will be made available on www.sahajayogamumbai.org in due course. For queries, you may write to us on maharashtratour@thelifeeternaltrustmumbai.org.

We shall be obliged and request all the Country Coordinators/ State/ City Centre Coordinators to forward this circular to all Sahaja yogi brothers and sisters, so that all can participate and benefit from this spiritual seminar.

Looking forward to your participation in large numbers,

Warm regards and Love,

Trustees of The Life Eternal Trust, Mumbai.

Smt Kalpana Srivastava

Shri Praviin Jaawalkar

Shri Sudershan Sharma

Shri Shridhar Pai

Shri Vilas Kathe

Shri Pravin Sabharwal

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IMPORTANT INFORMATION:

1) SEMINAR VENUE: Nirmala Nagari, Malgund-Bhailadi, Ganapatipule, District Ratnagiri, Maharashtra. **Location:** goo.gl/d4Gqig

By Air: Mumbai Airport, is approx. 380 kms away Seminar Venue. Yogis/ Yoginis requiring Transport from Mumbai Airports and any other assistance at the airports must submit their request by email to seminar.transport@sahajayogamumbai.org latest by December 15, 2024. Due to busy tourist season, early intimation is advisable. Common meeting point at Terminal 2 (T2) B gate International Airport will be the Fountain near the Exit. We recommend you to wear Shree Mataji's badge for easier identification.

Facility is available at the Mumbai airports for Prepaid taxis / UBER / OLA to Health Centre at CBD Belapur, Pune and Ganapatipule. Those travelling via Goa and Pune airports may make their own arrangements for travel to Nirmala Nagari.

By Train: The closest Railway station, Ratnagiri, is about 40 kms away from Seminar Venue. Sahaja Yogi volunteers will be available at Ratnagiri railway station from morning 10.00 AM on December 20, 2024 to 5.00 PM December 22, 2024 to receive and assist participants to reach the Seminar site. Yogis/ yoginis requiring transport from Ratnagiri are requested to send their requests on <https://forms.gle/18o49v4rNtLZVL5J9> and for any query send email to seminar.transport@sahajayogamumbai.org

3) FOREX: Forex facility is not available at Seminar Venue. You may exchange at airports or at convenient locations, before reaching the Seminar Venue.

4) WATER: Clean filtered water is available at the seminar site. Reverse Osmosis filtration plant has been installed which will provide clean water for drinking.

5) MEDICAL FACILITIES: Though basic medical facilities will be available at the seminar site, you are requested to carry your prescribed medicines along with you and **consult your doctor in case of critical illness, before coming.**

6) SEA: Sea is meant for foot soaking and cleansing of subtle system. All are requested to adhere to the specified timings and not to venture too far out in the sea.

7) ACCOMMODATION:

At Nirmala Nagari: All participants shall be entitled to accommodation in a tent, **only mattresses will be provided**, bedsheets will not be provided. You are requested to get your own chaddars/ shawls and woolen clothes due to the winter season. Temperature may range from 12 – 33 degrees Celsius. It is advisable to carry a cap and a torch.

Foreigners will be provided accommodation in dormitories, and mattresses will be provided along with bedsheets.

For SAARC countries, accommodation provided will be same as that of Indian Nationals.

At Ganapatipule Hotels: Details of hotel accommodations at Ganapatipule are available on www.sahajayogamumbai.org/ganapatipule-seminar/. You may book directly with the hotels. The Trust does not recommend or endorse any hotel.

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At International Sahaja Yoga Research and Health Centre, Navi Mumbai: Transit Accommodation may be subject to availability. For accommodation, you may write to sahaja.health.center@gmail.com or call on +91-22-27576922 /+91-22-27571341 /+91-7738111184,
Location : <https://maps.app.goo.gl/AHVWwzCinqkUjk5x7>

At Pune Ashram (Kothrud): Transit Accommodation is available at Sahaja Yoga Dhyana Kendra, Bhusari Colony, Paud Road, Kothrud, Pune (Phone / WhatsApp No +91-7410077782) at a nominal charge on first cum first serve basis before or after the seminar dates.
Location : <https://maps.app.goo.gl/pJpWppAKuZkjMmKK9>

At Shri P.K.Salve Kala Pratishthan (Vaitarna): For accommodation, you may write to spkskalapratishthan@gmail.com or visit website <https://www.pksacademy.com/>
Location : <https://maps.app.goo.gl/EsqiUazyJWsxBvDk8>

At Nirmaladham Ashram, Aradgaon, Rahuri: For accommodation, you may write to email nirmaladhamrahuri@sahajayogamumbai.org or call /WhatsApp on +91-9923563111.
Location : <https://maps.app.goo.gl/Q3F8uCbQGseWVjWv7>

FOR ANY OTHER CLARIFICATIONS REGARDING SEMINAR, YOU MAY CONTACT US ON:

Mumbai Trust Office	+91 7738111185, mumbaisahajayoga@gmail.com
Ganapatipule Seminar Office	+91 2357 235662 / 235663
Remittances/ payments	+ 91 7738111185 seminar.payments@thelifeeternaltrustmumbai.org
Transportation from Mumbai/ Ratnagiri	seminar.transport@sahajayogamumbai.org
Other Queries	seminar.queries@sahajayogmumbai.org

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