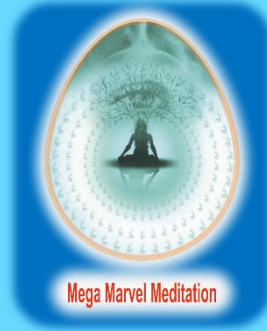


Om  
Sri Rajarajeshwari Prasanna



**Mega Pyramid in Bangalore City**

**Mega Marvel Meditation Sessions**

**at**

**Sri Shivaratnapuri Temple of Health**

**A unit of Sri Rajarajeshwari Charitable Hospital Trust,**

**Sister institution of Sri Kailash Ashrama Mahasamsthana Trust,**

**Rajarajeshwarinagar, Bengaluru - 560098**

## **About the Program**

Mega Marvel Meditation Program, aimed at the well-being of the human race, is an initiative from Sri Shivaratnapuri Temple of Health, a unit of Sri Rajarajeshwari Charitable Hospital Trust, a sister institution of Sri Kailash Ashrama Mahasamsthana Trust. This program is being organized from the 17<sup>th</sup> January 2020 to the 15<sup>th</sup> July 2020 as a pre-inaugural program prior to the auspicious inauguration of the sacred premises of Sri Shivaratnapuri Temple of Health, the Tri-Pyramidal Abode of Well-Being.

During this period, 5 Meditation Sessions of 45 minutes duration each, with one session a day exclusively for school children, will be organized on all weekdays from Monday to Friday during the above period as per the following schedule inside the big Pyramid within the Tri-Pyramidal Complex, wherein the participants will be taken through a melodious and fragrant guided session of meditation.

In addition to this, 6 'only visit' sessions, each of 30 minutes duration, are arranged on Saturdays and Sundays with one exclusive session for school children on Saturdays during the above period as per the following schedule. As the visit goes on, participants will be listening to an audio on health and wellness tips.

### Schedule of Meditation Sessions (Monday to Friday)

From **Fri 17 Jan 2020 to Wed 15<sup>th</sup> Jul 2020** except **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> April 2020**

Session	Session Code	Session Timings	Participants
Morning Session 1	MM1	07:00 – 07:45	For all age groups
Morning Session 2	MM2	10:00 – 10:45	For all age groups
<b>Afternoon Session for School Students only</b>	<b>SM</b>	<b>14:00 – 14:45</b>	<b>For Students from 6<sup>th</sup> to 10<sup>th</sup> Std (coming as a group from Schools)</b>
Evening Session 1	EM1	17:00 – 17:45	For all age groups
Evening Session 2	EM2	19:30 – 20:15	For all age groups

### Schedule of Visit Sessions (only Saturdays and Sundays)

**\*No school-organized children-visits on Sundays**

Session	Visit Code	Visit Timings	Participants	
			Saturdays	* Sundays
Morning Visit 1	MV1	08:00 - 08:30	For all age groups	For all age groups
<b>Session for School Students only</b>	<b>SV</b>	<b>09:30 – 10:00</b>	<b>For Students from 6<sup>th</sup> to 10<sup>th</sup> Std (coming as a group from Schools)</b>	For all age groups
Morning Visit 2	MV2	11:00 – 11:30	For all age groups	For all age groups
Afternoon Visit	AF	15:30 – 16:00	For all age groups	For all age groups
Evening Visit 1	EV1	17:00 – 17:30	For all age groups	For all age groups
Evening Visit 2	EV2	19:00 – 19:30	For all age groups	For all age groups

# **Tariffs and Discounts**

**(Both benefits of Group discounts and Multi session booking discounts will apply simultaneously)**

Normal Charges per Session / per person		Group booking discount		
Meditation	Visit	5 participants	6-10 participants	Above 10 participants
Rs.500	Rs.250	10%	15%	20%

Normal Charges per Session / per person		Multi session booking discount		
Meditation	Visit	5 non-variable and same time-slot sessions on consecutive days	10 non-variable and same time-slot sessions on consecutive days	15 and above non-variable and same time-slot sessions on consecutive days
Rs.500	Rs.250	5%	10%	15%

<b>Special concessional rates for Students – per Student / per session</b> (from 6 <sup>th</sup> to 10 <sup>th</sup> Std coming as a group from Schools)	
Meditation	Visit (Only on Saturdays)
Rs. 100/-	Rs. 50/-

## Booking Information

You can do your booking using the link on our website  
[www.megamarvelmeditation.com](http://www.megamarvelmeditation.com)

or by using the forms available at the counter at:

Manidweepa Prakashanam Book Stall,  
adjacent to Sri Rajarajeshwari Temple.

All payments have to be made through online or by cash. Cheques and DDs are NOT accepted.

Following are the bank details for online transfers.

<b>Bank Name</b>	AXIS BANK LTD.
<b>Branch</b>	Rajarajeshwarinagar, Bengaluru
<b>Beneficiary</b>	Sri Rajarajeshwari Charitable Hospital Trust
<b>Bank/IFSC code</b>	UTIB0001770
<b>CA A/C No.</b>	915010012856594

Transfer of Registrations are not Permitted.

The number of seats in each session is fixed and the allocation of seats will be intimated while acknowledging your confirmed bookings.

All cancellations have to be done by email only. Any cancellation by participants, due to unforeseen reasons, if done before 48 hours of the program, will get them a refund in the form of a credit coupon. The same may be utilized by them within the duration period of the program. However, a repeat cancellation will cancel the credit and no further refund will be given.

If a session is cancelled by the organizers for any unforeseen cause, it will be duly intimated to the participants and 100% refund will be made in a similar manner in the form of a credit coupon.

For enquiries please contact:

WhatsApp : +91 70192 76152

e-mail : aaapyramidtempleofhealth@gmail.com  
booking@megamarvelmeditation.com  
support@ megamarvelmeditation.com

website : www.megamarvelmeditation.com

Sri Varun : +91 87921 70381

Sri K. Singaravelu : +91 99454 45605

## **Rules & Regulations during the Meditation and Visit Sessions**

1. Participants are requested to be present at the main entrance of the venue at least 30 minutes before the start of the meditation or visit sessions and be seated in the meditation hall for meditation sessions at least 5 minutes before the beginning of the session. Late arrivers will not be permitted for the meditation or Visit sessions and will not be eligible for any coupon-refund or to choose another session-
2. All participants should exit the venue within 15 minutes after the completion of the Meditation or Visit sessions for organizational convenience. Participants are requested not to linger on for any reason within the venue after the Meditation or Visit sessions.
3. Sri Shivaratnapuri Temple of Health is a very sacred and serene place. Always maintain silence. Silence improves cure and gives immense benefits.
4. PHOTOGRAPHY OF ANY KIND IS STRICTLY PROHIBITED IN ANY PART OF THE VENUE. CAMERAS OR ANY OTHER PHOTOGRAPHICAL EQUIPMENT ARE STRICTLY PROHIBITED IN THE VENUE.
5. Participants are advised to wear loose and comfortable cottons for the program. Salwar Kameez (with duppatta) / Sarees are advised for girls and women. Kurtas, Pyjama / Dhoti, Comfortable trousers and T Shirts are advised for boys and men. Shorts, sleeveless dresses and tights are not permitted. DO NOT apply strong perfumes or sprays before coming to the program. This is to enable the divine intended ambience to be experienced by one and all.
6. You may carry your personal AASANS or SITTING MATS. YOGA MATS ARE NOT PERMITTED.
7. Mobile phones, water bottles, eatables or any other articles or personal belongings are not allowed into the premises EXCEPT THE PERSONAL AASAN OR SITTING MAT.
8. STRICTLY AVOID WEARING JEWELLERY, CARRYING CASH AND OTHER VALUABLE ITEMS LIKE CREDIT CARDS OR DOCUMENTS. If you have carried them for any reason, you are required to compulsorily deposit them at the safe deposit counter and obtain a token and collect the articles back before you leave.
9. THE MANAGEMENT IS NOT RESPONSIBLE FOR LOSS OF ANY PERSONAL BELONGINGS.

10. You are not allowed to come to the Meditation or Visit sessions without prior booking. The relevant acknowledgement or booking confirmation card or receipt issued by the organizers and photo ID Adhaar / PAN / Driving License to the program for verification at entry are **COMPULSORY** for entry.
11. **THIS PLACE IS FOR ALL. HELP ELDERS AND OTHERS WHO MIGHT NEED ASSISTANCE, AND EXPERIENCE THE DIVINE ENERGY OF THE PYRAMIDAL MEDITATION.**
12. Smoking, and consumption of alcohol or other beverages is strictly prohibited within the premises.
13. Children below the age of 12 years and elders who require medical assistance or personal support for sitting, standing or walking cannot participate in the meditation sessions. However, they can participate in the visit sessions on Saturdays and Sundays.

# SRI SHIVARATNAPURI TEMPLE OF HEALTH MEDITATION AND VISIT SCHEDULE CALENDAR JAN 17 2020 TO JULY 15 2020

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

May						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

March						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Friday, 17 Jan 2020	Beginning of Sessions
Wednesday, 15 Jul 2020	Tentative Closing Day
Wednesday, 1st Apr 2020	Rathotsava
Thursday, 2nd Apr 2020	Sri Rama Navami
Friday, 3rd Apr 2020	Ashram 60th Anniversary

### ACTIVITY DAYS IN THE MONTH MEDITATION / VISIT

JAN	11 / 4
FEB	20 / 9
MAR	22 / 9
APR	19 / 8
MAY	21 / 10
JUN	22 / 8
JUL	10 / 4

**TOTAL 125 / 52 = 177 DAYS**