



Four Winds Asia

Healing & Therapy Camp

(With Culture Preservation & Community Service)

Tentative Time Schedule

25th March 2019

- Reach Biratnagar
- Hotel & Food
- Night Stay

26th March 2019

5:00 a.m. – 2:00 p.m. Travelling from Biratnagar to Champe
(Breakfast/Lunch on the way)

2:00 p.m. – 3:00 p.m. Break (Khaja/ Brunch)

3:00 p.m. – 5:30 p.m.

- Opening Ceremony
- Cultural Ceremony
- Welcome Speech

5:30 p.m. – 6:30 p.m. Host Introduction (Informal)

6:30 p.m. – 8:00 p.m. Samuhik Bhoj (Get-together Party)

8:30 p.m. on words Bed Time

27th March 2019

6:00 a.m. – 6:15 a.m. Tea Time

6:15 a.m. – 8:00 a.m. Four Winds Training

8:00 a.m. – 9:00 a.m. Breakfast

9:00 a.m. – 1:00 p.m. Therapy & Healing Camp

Including Community Service (by Students)

1:00 p.m. – 2:00 p.m. Lunch

2:00 p.m. – 4:00 p.m. Therapy & Healing Camp

Including Community Service (by Students)

4:00 p.m. – 5:30 p.m. Talk Program with Nepali Local Shaman
with Tea Break

5:30 p.m. – 7:00 p.m. Personal Observation Time

7:00 p.m. – 8:00 p.m. Dinner

8:30 p.m. on words Bed Time

28th March 2019



Shaktipat Therapy Center, Biratnagar, Nepal,
Mobile +977-9861613769, 9818690399,
email: shaktipat.nepal.biratnagar@gmail.com
Shatan Ashram, Jharkhand, India, Mobile +91-
9708944720

email: shatanashram@gmail.com





Four Winds Asia

Healing & Therapy Camp

(With Culture Preservation & Community Service)

6:00 a.m. – 6:15 a.m.	Tea Time
6:15 a.m. – 8:00 a.m.	Village Visit
8:00 a.m. – 9:00 a.m.	Breakfast
9:00 a.m. – 1:00 p.m.	Therapy & Healing Camp Including Community Service (by Students)
1:00 p.m. – 2:00 p.m.	Lunch
2:00 p.m. – 4:00 p.m.	Therapy & Healing Camp Including Community Service (by Students)
4:00 p.m. – 5:30 p.m.	Talk Program with Nepali Community Leaders with Tea Break
5:30 p.m. – 7:00 p.m.	Personal Observation Time
7:00 p.m. – 8:00 p.m.	Dinner
8:30 p.m. on words	Bed Time

29th March 2019

6:00 a.m. – 6:15 a.m.	Tea Time
6:15 a.m. – 8:00 a.m.	Hiking
8:00 a.m. – 9:00 a.m.	Breakfast
9:00 a.m. – 2:00 p.m.	Therapy & Healing Camp Including Community Service (by Students)
2:00 p.m. – 3:00 p.m.	Lunch
3:00 p.m. – 4:00 p.m.	Preparation for Hawana
4:00 p.m. – 5:30 p.m.	Spiritual Hawana
5:30 p.m. – 7:00 p.m.	Preparation for Closing Camp
7:00 p.m. – 8:00 p.m.	Dinner
8:30 p.m. on words	Bed Time

30th March 2019

6:00 a.m. – 6:15 a.m.	Tea Time
6:15 a.m. – 7:30 a.m.	Preparation for Closing Camp
7:30 a.m. – 10:00 a.m.	Closing Camp Ceremony
10:00 a.m. – 11:00 a.m.	Lunch
11:00 a.m. – 6:00 p.m.	Travelling Back from Champe to Biratnagar



Shaktipat Therapy Center, Biratnagar, Nepal,
Mobile +977-9861613769, 9818690399,
email: shaktipat.nepal.biratnagar@gmail.com
Shatan Ashram, Jharkhand, India, Mobile +91-
9708944720

email: shatanashram@gmail.com

