

## Madhuban DF Group 09, 10 – 21 February 2023

The team was made up of Sis's Dorothy, Pratiba, Nita and Mary, supported by Sumanbhen.

There were around 800 DF's in this group, with around 120 first timers. A large group of souls came from Russia and Malaysia.

The program was designed in order to try and provide diverse inputs to try and cater to the needs of all souls. These included classes, panels, workshops, murli revision, exercises, yoga bhakti and a few separate sessions for 1<sup>st</sup> timers.



Welcome program with inspirations from seniors followed by drishti from wise elders

During this group, there were many other events taking place - Shiv Jayanti, RC meetings and GIM Meeting, so it created a lot of variety and fullness, and also we had the fortune of having many of our seniors with us, providing the opportunity for rich, diverse and powerful inputs.

### Some of the classes, workshops, panels:

- Class: Purification of Sanskars and Behaviors – Sis Sudha
- Interview: Trusting and Being Trustworthy in Creating Harmony – Didi Nirmala
- Class with yoga experiments in between: Emerging the Avyakt Stage – Sis Rajni
- Panel: Respecting our Diversity and Building Harmony - Sis Kiran, Sis Joan, Sis Tamsin and Br Neville, moderated by Sis Luciana
- Class: Love - the Basis of Harmonising our Sanskars – Br Charlie
- 3 Day Retreat: Dharna Based Leadership – Br Ken
- Yoga experiments: Milan, Magan, Lagan...Being Merged and Absorbed in the Love of One – Br Surya
- Class: Essence of our Togetherness....Belonging to the Yagya – Didi Mohini
- Interview: So what's next? – Brijmohanbhai
- Yoga Dialogue: Connecting with the Seed - Sis Gopi & Br Enrique
- Workshop: Baba, my True Love – Sis Antonella
- Interview: Behind the Scenes with Dadi Gulzar – Sis Gita (LA) interviewed by Sis Jenna
- Class: Connecting with the Seed – Sudesh Didi



## Classes & workshops



### Some approaches to bring in newness that was incorporated into the program included:

- Murli revisions – it gave opportunities to senior teachers to contribute
- Classes in the mornings and yoga bhakti's in the evening provided a good balance. Also, incorporating yoga practices in between the class
- A few sessions entitled 'Circles of Sustenance' was introduced, giving 1<sup>st</sup> timers to engage with older (in gyan) BK teachers. These were very well received and the 1<sup>st</sup> timers took much benefit
- Parallel sessions as it provided an option for souls to attend the session that they preferred



## Other events



Shiv Jayanti Flag Hoisting



Baba's Rock and Fruit Party in DJ Park



Valentine's Day Dancing