



Family Retreat

May 27 - 29, 2023

at

Seminar Haus

(Retreat Centre in Moringen, Germany)



who participated: Couples & Families with Kids



THE BRAHMA KUMARIS

Know your Self, Renew your Spirit



Baba's house - Seminar Haus Moringen, Germany witnessed a vibrant Family Retreat. The participation was focussed on **couples & families with kids** with at least one in the family being in Baba's knowledge. In total there were 50 participants including 22 kids. The activities & environment was a perfect blend of spirituality and creativity. The day included Amritvela, Murli with around 25 Brahmins, Hatha Yoga, Taichi, Activities for Kids, Interactive session for Parents, Rajyog Movie Time, Walks in the forests, Picnic, Karm Yog, Evening Yog...



FAMILY RETREAT



Time	Programme
27th May / Saturday	
4:00 - 4:45	Amritvela
4:45 - 6:00	Murli
8:00 - 08:30	Hatha Yoga
8:30 - 9:30	Breakfast
9:30 - 10:00	Meditation
10:00 - 11:30	Outdoor Games
11:30 - 12:00	Meeting Moringen Family, followed by Meditation
12:15 - 13:15	Lunch with Baba
14:00 - 15:00	Welcome & Introduction
15:00 - 16:00	Rest / Self Time
16:00 - 16:30	Tea time
16:30 - 17:15	Baba's House Tour with Treasure Hunt
17:15 - 18:15	Movie Time
18:15 - 19:00	Creative Meditation with Candle / Art & Craft
19:00 - 20:00	Dinner with Baba
20:30 - 21:00	Family Time
21:00 - 22:00	Avyakt Murli
28th May / Sunday	
4:00 - 4:45	Amritvela
4:45 - 6:00	Murli
8:00 - 08:30	Bhog Offering
8:30 - 9:30	Breakfast with Baba
09:30 - 10:00	Meditation
10:00 - 11:30	Q&A Session (Parents) / Kids Corner
11:30 - 12:30	Sudesh Didi shares her inspiration, followed by GROUP PHOTO
12:30 - 13:30	Lunch with Baba
13:30 - 15:00	Rest
15:00 - 16:00	Brothers / Sisters / Kids Session
16:00 - 18:00	Picnic at Water Stream
18:30 - 19:00	Meditation for World Peace
19:00 - 20:00	Dinner
20:00 - 21:00	Family Time
21:00 - 22:00	Avyakt Murli
29th May / Monday	
4:00 - 4:45	Amritvela
4:45 - 6:00	Murli
8:00 - 08:30	Taichi
8:30 - 9:30	Breakfast
9:30 - 10:30	Blessing factory
10:30 - 11:00	Letter to God & Meditation
11:00 - 11:30	Baba's Gift
11:30 - 12:00	Room Cleaning
12:00 - 12:00	Lunch



God's Plan &
Letter to God

HATHA YOGA & TAICHI



Bhog Offering & Online Blessings from Sudesh Didi



Murli & Yog



Kids Activities

This included working on 8 powers, qualities, arts & crafts, games, treasure hunt, followed by home work to take as Self Mirror





Kids in Action.....

Family Time

Family time was a perfect blend of cultural activities, watching Raja Yoga Animation movie with popcorns



continues...



House Tour



Walk in Forest & Picnic



Godly Gifts



Go Soon Come Soon.....

