

First Online One Day Centrewassis Retreat in Malaysia With Bro Charlie (Australia) & Sis Sheilu (Madhuban) on 16th September 2020

First time in the history of Malaysia service we organised an online Centrewassis Retreat hosted by Asia Retreat Centre (ARC) on 16th September 2020. Nearly 95 to 100 Centrewassis took benefit from this retreat.

Retreat started early in the morning from 3.30am up to 5am with creativity activity followed by tapping exercise by Dr Shrimant. After the murli and class on Remembrance from Meera Didi, participants had breakfast at respective centres. At 9.30am, Meera Didi shared on the topic “7 steps to enhance Self Esteem”.

Bro Charlie joined us at 11.00am and shared an hour class on “Accepting Myself” After the class, participants get into small group discussion on zoom. Charlie Bhai returned to the Questions and Answers session which participants found this session very informative.



Evening session started at 4.30pm whereby Bro Letchu interviewed Meera Didi on her lockdown experience in Delhi and ORC.

Sis Sheilu from Madhuban joined the retreat to conduct a class and guided participants to tour four pilgrimage places and giving volcanic yoga experience. Everyone felt being in Madhuban.

At the conclusion of the retreat, every participant received a “personalised” e-blessing card sent through whatsapp. Overall, everyone felt recharged and rejuvenated in this one day retreat.