

SERVICE NEWS OF HALF DAY RETREAT WITH SIS SHIVANI at Asia Retreat Centre

10th Dec 2023, marked a special occasion in the calendar of Malaysian BK family. Half day retreat with Sis Shivani were moments of extraordinary as it came with a package of yoga drills, uplifting experiences and practical methods to bring transformation.

The retreat started as early as 4.00am onwards at Asia Retreat Centre. Together with Brahmin routine like Amrit Vela, meditation, Murli and bhog offering, there were other fascinating programme set for all the participants of about 560 brothers and sisters from Malaysia and neighbouring regions.





After breakfast, there was a welcoming programme for Sis Shivani with a blend of colours of Malaysia of various culture and ethnic groups followed by a dance as entertainment. This concept simply created a link with the retreat theme which was “Experiencing Golden Age in Confluence Age”. There had been classes, sharing and interview session touching on the aspects of both the ages that developed a keen interest in the hearts of everyone to start contemplating on Golden Aged sanskars. The retreat ended with blessing, toli and Brahma Bhojan at about 1.30pm.