

Susrestha

A Program for Elders (50+ Yrs)

March 3rd to 5th, 2026

About the Program

This program offers guided inputs and practical sessions to help elders gain a deeper understanding of the self, cultivate clarity of purpose, and explore meaningful life choices with awareness and ease.

Registration Fee ₹ 5,000

(All-inclusive: accommodation, meals, and program activities)

Program Highlights

Emotional & Spiritual Growth

- Understanding Success and Failure
- Karma and Its Role in Daily Life
- Prayer and Devotion

Physical & Mental Wellness

- Gentle exercises, chair yoga, and mindful walking
- Breathing, relaxation, and mindfulness practices
- Memory games, brain exercises and interactive quizzes

About the Teacher



Swamini Pramananda (Ammaji)

A senior teacher of Advaita Vedanta, known for her clarity, compassion, and years of dedicated spiritual guidance.

Registration & Contact Details

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