



BEYOND ADDICTION®

Recover Your True Self

AMRITSAR RETREAT

9-Day Immersive Experience + 16 Week Follow-up

Build mental and physical resilience through
Kundalini Yoga • Counselling • Naturopathic Medicine



Schedule

From Nov 19 to 27, 2022 in Amritsar, India



Beyond Addiction Daily Schedule Nov 19-27, 2022, Amritsar, India

*Subject to change**

Daily Schedule:

Optional Group Sadhana (early morning spiritual practice): 4:15-6:30 a.m.

Breakfast: 7:30-8:45 a.m.

Class time: 9:00 a.m. -12:30 p.m. – Module Discussion, Pranayama, Yoga, Meditation, Group Discussion

Lunch: 12:30-1:30 p.m.

Class time: 1:30 p.m. – 5:00 p.m. – Module Discussion, Pranayama, Yoga, Meditation, Group Discussion

Evening relaxation, walking tours, visit Golden Temple

Module		Theme
1	Nov 19, 2022 Saturday 9:00 a.m. - 12:30 p.m. 1:30 p.m. – 5:00 p.m.	<p>I am a Spiritual Being Having a Human Experience. <i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- safety- definition of addiction- what is addiction doing for you- cause of addiction- trauma and disconnection from Self- every adaptation is a coping strategy- conceptual self vs experiential self
2	Nov 20, 2022 Sunday 9:00 a.m. - 12:30 p.m.	<p>I Live by My Values and Develop My Virtues. <i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- trauma, stress and addiction- cortisol, memory- our brains need the right conditions for development- importance of frontal lobe and how trauma and addiction affect it- vagus nerve and stress response- three kinds of knowing – brain, gut feelings and heart- anything about values and virtues
3	Nov 20, 2022 Sunday 1:30 p.m. – 5:00 p.m.	<p>I Communicate from My True Self <i>Dr. Priya Duggal ND</i></p> <ul style="list-style-type: none">- authentic communication- communication to oneself- assertive communication



		<ul style="list-style-type: none">- active listening- non-violent communication
4	Nov 21, 2022 Monday 9:00 a.m. - 12:30 p.m.	<p>I Practice Kundalini Yoga and Meditation to Free Me from My Past and Access Wisdom.</p> <p><i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- develop capacity to witness- body scan- importance of checking in with the body, accessing sensations and feelings- difference between feeling and interpretation- courage to be vulnerable- uncover your hurt; painbody- unacknowledged feelings- coping mechanisms- 5-step mental processing
5	Nov 21, 2022 Monday 1:30 p.m. – 5:00 p.m.	<p>Act, Don't React: I Take Control Over My Reactions to People and Events.</p> <p><i>Michelle Peddle</i></p> <ul style="list-style-type: none">- mental programming is automatic- act, don't react (develop response flexibility)- train the mind to serve the Self/soul/essence- notice triggers- compassionate inquiry- take 100% responsibility for your reactions- blame is paralyzing
6	Nov 22, 2022 Tuesday 9:00 a.m. - 12:30 p.m.	<p>Happiness is My Birthright. I Clear My Subconscious to Become Neutral. Through Commitment, Discipline and the Power to Sacrifice, I Achieve Happiness.</p> <p><i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- Understand and cultivate your Negative, Positive, and Neutral minds.- Utilize the strengths of the Negative, Positive and Neutral minds to overcome addiction- Push, pull or be still and stay centred- Recognize when you are caught between polarities- Practice the Middle Way- Know that Happiness is Your Birthright- Learn the Seven Steps to Happiness- Explore the Pleasant Life, the Life of Engagement and the Meaningful Life- Practice exercises from Positive Psychology to develop happiness- Learn exercises to develop the positive, negative and neutral minds- Learn a kriya to benefit the lungs and open the heart centre- Practice a meditation to open the heart and facilitate healing
7	Nov 22, 2022	I Create My Habits; My Habits Create Me. I Promote Habits that Serve My



	Tuesday 1:30 p.m. – 5:00 p.m.	Divinity <i>Michelle Peddle</i> <ul style="list-style-type: none">- Differentiate promoting habits from demoting habits.- Choose promoting habits to cultivate.- Become familiar with the Cycles of Habits- Relate to your body as a temple- Pay attention to diet- Choosing your projection- How to start and end your day- The benefits of cold showers- Utilize the gift of sadhana
8	Nov 23, 2022 Wednesday 9:00 a.m. - 12:30 p.m.	I Choose Dharma Over Karma. <i>Sat Dharam Kaur ND</i> <ul style="list-style-type: none">- Understand the difference between karma and dharma- Relate more fully to your dharma- Identify ways in which to receive more dharmic support- Use Mul mantra to align with dharma
9	Nov 23, 2022 Wednesday 1:30 p.m. – 5:00 p.m.	I Replace Addiction with Self-Reliance. I Compassionately Re-parent Myself. <i>Dr. Priya Duggal ND</i> <ul style="list-style-type: none">- Understand healthy and unhealthy attachment- Recognize your original environmental deficits- Know your needs and take responsibility for them- Understand oxytocin, the love hormone- Identify the qualities of a good parent- Recognize what good parents can deliver- Learn how to nurture yourself- Lean on the Self- Explore Self-reliance- Recognize co-dependency- Strategies for re-parenting and Self-reliance
10	Nov 24, 2022 Thursday 9:00 a.m. - 12:30 p.m.	In Shifting My Perspective on the Past, I Embrace the Present and Future <i>Anirudh Goel</i> <ul style="list-style-type: none">- Appreciate the qualities, strengths, passions and values gained from your life story.- Have identified ways to utilize and develop your strengths.- Are more available experiencing the present moment.- Pay more attention to your intuition and inner guidance system.- Act on your inner guidance.- Begin to use yoga, meditation and diet to strengthen the nervous system.- Have enjoyed Super Matcha Golden Milk
11	Nov 24, 2022 Thursday 1:30 p.m. - 5:00 p.m.	I Replace Addiction with Reliance on the Self. I Compassionately Reparent Myself <i>Hari Darshan</i> <ul style="list-style-type: none">- Understand healthy and unhealthy attachment



		<ul style="list-style-type: none">- Attachment patterns- Authenticity vs attachment- If you didn't feel safe, you'll have trouble learning- Recognize your original environmental deficits- Know your needs and take responsibility for them- In what ways do you abandon yourself- Understand oxytocin, the love hormone- Identify the qualities of a good parent- Recognize what good parents can deliver- Three actions to heal your inner child- Learn how to nurture yourself- Lean on the Self (ie True Self)- Explore Self-reliance (on the True Self)- Recognize co-dependency- Give yourself the attention you deserve- Strategies for re-parenting and Self-reliance
12	Nov 25, 2022 Friday 9:00 a.m. - 12:30 p.m.	<p>I Am Accountable and Responsible to MySelf and Others <i>Anirudh Goel</i></p> <ul style="list-style-type: none">- Become more aware of to what or to whom you are responsible and accountable- Assess your capacity to commit- Do a Life Audit- Establish a healthy weekly schedule, honouring conscious choices of how to direct your time and energy- Cleanse the blood.
13	Nov 25, 2022 Friday 1:30 p.m. - 5:00 p.m.	<p>I Forgive Myself and Those Who Have Hurt Me; I Acknowledge My Errors in Hurting Others <i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- talk about prayer and forgiveness- from the perspective of the True Self, there is nothing to forgive- do more Compassionate Inquiry
14	Nov 26, 2022 Saturday 9:00 a.m. - 12:30 p.m.	<p>I am Born with a Mission and a Magnitude. I Co-Create My Future with God <i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- Understand the concept of destiny versus fate- Begin the process of tuning in to your destiny; identifying some areas to focus on- Learn the steps to activate your destiny- Learn how to enhance your destiny- Create a more meaningful life- Explore the 38th pauree from Japji as a guideline for what is required to rewrite one's destiny.- Identify who you want to be and what you want to accomplish in the future- Learn and practice the kriyas and meditations for nervous system and glandular strength to assist you in living your destiny on a daily basis.



15	Nov 26, 2022 Saturday 1:30 p.m. - 5:00 p.m.	<p>As I Keep Up, I Am Kept Up <i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- Acknowledge the ways you already Keep Up- Recognize what gets in the way of you “Keeping Up”- Identify what helps you to “Keep Up”- Become familiar with the concept of Guru and Shabd Guru- Become familiar with passages of spiritual scripture that can help to transform you by reminding you of your True Nature. Practice recitation of these.- Become familiar with the common signs, symptoms and risk factors for relapse in order to recognize them should they arise.- Begin to connect with a supportive, uplifting community or sangat.- Become more conscious about regulating your thoughts and words.
16	Nov 27, 2022 Sunday 9:00 a.m. - 12:30 p.m.	<p>In Serving Others, I Serve My Soul and God <i>Sat Dharam Kaur ND</i></p> <ul style="list-style-type: none">- Understand the concept of seva and begin to practice it- Develop an effective recovery “tool kit”- Identify where you will find group support after the course is over- Create a daily schedule for recovery success- Create and commit to a recovery contract
	Nov 27, 2022 Sunday Evening	Closing ceremony

*For further Accomodation and Travel Assistance Please contact:
Ms. Dishka Arora at +91-9779079792 or email axis.pkgs@gmail.com*

*For any other questions or assistance, you can reach out to:
Anirudh Goel at amritsarretreat@gmail.com*