



Didi Shashi (Madhuban) visiting Russia
PROGRAMME
July 17th – August 1st, 2009

Date	Time	Programme
July 17th, Friday	14.00	Arrival from India Flight SU 534 at 12.15 Sheremetevo-2
July 18th, Saturday	7.00 – 8.00	Yoga
	8.00 – 8.45	Murli
	9.00 – 9.30	Welcome programme
	9.30	Didi Shashi addresses to BKs
	11.30 - 12.30	Meeting with department coordinators of Angels House
	17.30	Visit to Shakti Bhavan (Center in Kolomenskoe)
July 19th, Sunday	7.00 – 8.00	Yoga
	8.00 – 9.00	Murli
	9.00 – 9.15	Offering Bhog to BapDada
	9.15 – 9.30	<i>Message from BapDada</i>
	11.30 - 13.00	City tour
	14.00 - 16.00	Round-table programme for sportsmen and trainers 'Unknown reserves of man'
	18.30 - 19.30	International Yoga Day

Date	Time	Programme
July 20th, Monday	7.00 – 7.30	Yoga
	7.30 – 8.15	Murli
	8.15 – 9.00	Class <i>'Stage of a jewel of contentment'</i>
	18.30 - 19.00	Yoga
	19.00 - 20.00	Class <i>'Two extremes: royalty and simplicity in our manners, attitudes and relationships'</i>
July 21st, Tuesday	7.00 – 7.30	Yoga
	7.30 – 8.30	Murli
	8.30 – 9.30	Class <i>'How to maintain unity in BKs family'</i>
	18.30 - 20.30	Public Programme <i>'Amazing abilities of a human mind'</i>
July 22nd, Wednesday	7.00 – 7.30	Yoga
	7.30 – 8.30	Murli
	8.30 – 9.15	Class <i>'Tirelessness and enthusiasm in BKs life'</i>
	15.30	Departure from Angels House to the Airport for St. Petersburg
22nd July, Wed	flight SU-0849	Arrival in St.Petersburg
	21.30	Approximate time of arrival in Lighthouse
23rd July, Thu	07:15 – 08:00	Murli. Bhog offering
	08:15 – 09:30	Hearty welcome by seniors and by family
	10:30 – 14:00	Visit to Hermitage_2
	18.30 – 20.00	"OLYMPIAD TOMORROW – TRIUMPH OF SOUL AND BODY" – Dialogue-meeting with participation of specialists in physical culture and sports

Date	Time	Programme
24th July, Fri	07.30 – 09.00	Murli and class
	10:00 – 16:00	Visit to Peterhof_3
	19.00 – 20.00	Sharing experience: YOUR UNFORGETTABLE MOMENTS WITH *BAPDADA & *SENIORS
25th July, Sat	08:30 – 09:30	Murli
	09:30 – 10:30	Break
	10:30 – 13:30	Yoga bhatti for all
	*11.30 – 12.45	* Class "«MAINTAINING HARMONY IN RELATIONSHIPS THROUGH ACCEPTANCE AND MERGING»
	19:00 – 21:00	Visiting Baltic Sea site and Palace Square area
26th July, Sun	08:00 – 09:00	Murli
	12.00 – 17.00	“GOOD WILL GAMES ON POKLONNAYA HILL” Dedicated to the International Olympic Day. Positive Sport, Positive Competition, Positive Sportsmen. PART I. «SCIENCE OF VICTORY» - public program in frame of Good Will games PART II. “GOOD WILL GAMES” IN ACTION
27th – 29th July		In Samara and Toliatti
July 31st, Friday	21.30	Arrival in Moscow from Toliatty Flight UT 358 at 20.00 Vnukovo
August 1st, Saturday	9.00 – 13.00	Picnic (Murli, class, games, Vidai-Badhai’)
	19.15	Departure for Airport for Delhi Flight SU 533 at 22.15 Sheremetevo-2

Return to Abu on 3 August 2009