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Heartfulness invites you

Timeless Teachings

Sri Guru Nanak Dev ji on Oneness
in light of Heartfulness and other perspectives

27- 29 November 2026
Kanha Shanti Vanam, Hyderabad

29-30 November
Bidar (optional)



heartfulness
purity weaves destiny

PEOPLE AND PERSPECTIVES

Wisdom, practice and dialogue

Conversations, documentary film and musical storytelling.



CHIEF GUEST

Sardar Taranjit Singh Sandhu

Hon'ble Lieutenant Governor of Delhi

Former Indian Ambassador to the United States and High Commissioner to Sri Lanka.



EXHIBITION

27-29 NOVEMBER

Oneness in the light of Heartfulness

Explore Guru Nanak Dev Ji's message of Oneness through a Heartfulness lens: remembrance, humility, service and inner transformation, and their expression in everyday life.



Dr Charan Singh

Founder Director, EGROW Former Chairman, Punjab & Sind Bank

An economist with experience in policy, banking and academia.

Keynote Speaker

Amardeep Singh

Researcher, author and filmmaker | Singapore

Oneness through journeys, dialogue and film, drawn from ALLEGORY.





Kuljeet Singh

Writer, actor and director Atelier Theatre

Daastaan-e-Guru Nanak: a musical storytelling journey through Guru Nanak's life and teachings.

Harpreet Singh

Chief Data Officer

Edith Cowan University, Perth, Australia

An interactive exploration of Japji Sahib and the relevance of Gurmat in daily life.



KIRTAN JATHA

Classical voices, tabla and jori invite us to listen deeply and connect with the spirit of Oneness.



Dr. Harvinder Singh

Classical vocalist, Talwandi Gharana

A Hazoori Ragi at Sri Bhaini Sahib and a Ph.D. in Music, he teaches classical music and Gurmat Sangeet at Namdhari Kala Kendra.



Raagi Satnam Singh

Classical vocalist

Trained under Bibi Narinder Kaur Ji and Raagi Balwant Singh Ji, he has performed at Rashtrapati Bhavan and in India and Australia.



Shri Harnam Singh Namdhari

Tabla and jori, Benares Gharana

A tabla and jori artist from Sri Bhaini Sahib, trained by Ustad Harpreet Singh Namdhari Ji and Ustad Sukhdev Singh Sukhi Ji.

PROGRAMME | ALL TIMES IST

27 and 28 November

Kanha Shanti Vanam. Timings are subject to change.

Friday 27 November

05:45 - 06:15	Yoga
08:30 - 09:00	Introduction and orientation
09:00 - 10:00	Kirtan
10:00 - 10:30	Break
10:30 - 11:00	Keynote: Dr Charan Singh
11:00 - 12:30	Unfurling the Self: From the Subtle to Conscious Awareness
12:30 - 13:30	Heartfulness Masterclass I
13:30 - 14:30	Lunch
14:30 - 16:00	Kanha tour
16:00 - 16:30	Break
16:30 - 17:00	Exhibition visit
17:00 - 17:30	Human Potential: Brighter Minds
17:30 - 18:30	Guided reflections
18:30 - 20:00	Daastaan-e-Guru Nanak
20:00 onwards	Dinner

Saturday 28 November

05:45 - 06:15	Yoga
08:30 - 09:30	Kirtan
09:30 - 10:00	Break
10:00 - 11:00	Guru Nanak - An Embodiment of Oneness
11:00 - 12:00	Heartfulness Masterclass II
12:00 - 14:30	Lunch
14:30 - 16:00	Kanha tour
16:00 - 16:30	Break
16:30 - 17:30	Japji Sahib: Interactive Session
17:30 - 18:00	Chief Guest keynote address
18:00 - 19:00	Heartfulness Masterclass III
19:00 - 19:30	Guided reflections
20:00 onwards	Dinner

HEARTFULNESS MASTERCLASSES

Meditation, cleaning and prayer, with guided sittings and Gurbani-linked reflections. All three are completed by the end of 28 November.

BEYOND THE SESSIONS

Kanha tours include Babuji Vanam, Yatra Garden and wellness spaces. Shared reflection and the AV presentation connect timeless teachings with lived experience.



Daaji

Patron | Heartfulness Guide

Hon'ble Governor of Uttarakhand Lt Gen Gurmeet Singh ji presentating momento to Rev. Daaji

SUNDAY 29 NOVEMBER

Living the teachings

Main programme closes at 13:00, followed by lunch. All times IST.

Sunday 29 November

07:30 - 08:15	Satsang with Daaji (Main Meditation Hall)
08:15 - 09:00	Chief Guest of Honour address followed by kirtan (Main Meditation Hall)
09:00 - 10:00	Breakfast
10:00 - 11:00	*Guru Nanak Ji's Teachings in the Light of Heartfulness* - An audio-visual presentation
11:00 - 12:00	Timeless Wisdom as Conscious Living I Panel discussion
12:00 - 12:30	Reflections and shared experiences
12:30 - 13:00	Closing and acknowledgements
13:00 - 14:30	Lunch

The retreat experience

Timeless Teachings brings together reflection on Guru Nanak Dev Ji's wisdom, Heartfulness practice and shared discovery through audio-visual talks, musical storytelling, kirtan and time in nature.

After two days of practice, the AV presentation and Timeless Wisdom as Conscious Living panel connect inner experience with greater awareness, compassion and conscious living.

The exhibition is open morning to evening, with volunteer hosts available during programme breaks.

All backgrounds and new seekers are welcome.



Bidar (Optional)

29 November: Boarding from 14:30; departure from Kanha at **15:00**. Arrival around **18:00**, including tea. Check-in at Gurudwara Nanak Jhira.

30 November: Meditation and Amardeep Singh's *JAP: From Inner Fragmentation to Living Oneness* (90 minutes, including Q&A). Heritage and Gurudwara visits for city-tour participants.

Return on 30 November: Early bus at **12:00**, without the city tour; tour bus at **15:00.** Confirm drop-offs before booking flights. Stay, meal and travel details at registration.

Timeless Teachings

https://tt.hileadership.org