

This schedule will be adjusted for travel days and excursions.

6:30	7:45	Satkarma, Chanting and Pranayama
7:45	8:00	Tea break
8:00	9:30	Asana practice
9:30	10:30	Breakfast
10:30	13:00	Lecture
13:00	14:00	Lunch
14:00	15:00	Self study
15:00	16:45	Workshop
16:45	17:00	Tea break
17:00	18:30	Asana/ meditation practice
18:30	19:30	Dinner
19:30	21:30	Self study

