

Daily Schedule	
Unless advised otherwise sessions are in meditation hall	
Standard Program	Optional
	5.15 Rise - No bell
	5.30 Early Meditation & Pranayama on prana deck
6.15 Wake up – No bell	
7.00 Meditation – Silent sit* 7.45 Breakfast	
8.15 Seva	Free time
9.15 Meditation instruction * 9.30 Meditation 10.00 Asana 11.35 Meditation 12.15 Mantra 12.30 Lunch	10.00 - 11.30 Alternative asana tba
13.15 Seva	13.30 Free Time & Interview – book with teacher
15.00 Spiritual talk*	
16.00 Tea (Open question session)	
16.30 Asana Self Practice 17.30 Pranayama & Meditation 18.15 Dinner 19.30 Meditation* 20.30 Close 21.30 Lights out	16.30 – 17.30 Alternative asana or Walk
*compulsory –bell rings 5min before	