

Daily Schedule	
Unless advised otherwise sessions are in meditation hall	
Standard Program	Optional
	5.15 Rise - No bell
	5.30 Early Meditation
6.15 Wake up – No bell	
7.00 Meditation – Silent Sit* 7.45 Breakfast	
8.15 Seva – service tasks	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
13.15 Seva – service tasks	13.30 Free Time
15.00 Spiritual talk* (Afternoon Tea)	
16.30 Asana Semi-Self Practice 17.30 Pranayama & Meditation 18.15 Dinner 19.30 Meditation* 20.15 Close 21.00 Lights out	16.30 – 17.30 Alternative asana or Walk
*compulsory sessions	