

## SCHEDULE FOR 1<sup>st</sup> WEEK

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea
6.30 - 7.00 am	Shuddhi kriya Abhyas	Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	
7.00 - 8.15 am	Asana Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Combined Yoga Abhyas
8.30 - 9.00am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15 - 12.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Check out 10:00 am.
12.00 - 1.00 pm	Check in	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12.30 to 2pm	Talk By Shri Rajeshwar Mukopadhya	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	
03 - 3.30 pm	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	
1.00 - 5.00 pm	(Medical check up)	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	
5.00 - 6.00 pm from (Monday)	Documentary 5pm	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	
	Introduction (5.45) (HHCC Library)							
6.15 - 7.00 p.m.	Talk & Interaction by Vaidya. Jagdish	Pranayama Abhyas	Pranayama Abhyas	Pranayama Abhyas	Chaiting Abhyas	Tratak Abhyas	Tratak Abhyas	
7.15 - 7.45 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

8.15 - 9.00 pm		Lecture	Documentary	Lecture	Documentary	Lecture	Documentary	
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### SCHEDULE FOR 2<sup>nd</sup> WEEK

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea
6.30 - 7.00 am	Shuddhi kriya self practice	Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	
7.00 - 8.15 am	Combined Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Combined Yoga Abhyas
8.30 - 9.00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15 - 12.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Check out 10:00 am.
12.00 - 1.00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12.30 to 2pm	Medical follow up	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	

03 - 3.30 pm	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	
1.00 - 5.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	
5.00 - 6.00 pm from (Monday)	Self Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	
6.15 - 7.00 p.m.	Swadhyaya and havan at Swamiji's Kuti	Pranayama Abhyas	Pranayama Abhyas	Pranayama Abhyas	Pranayama Abhyas	Pranayama Abhyas	Pranayama Abhyas	
7.15 - 7.45 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8.15 - 9.00 pm		Lecture	Documentary	Lecture	Documentary	Lecture	Documentary	

### SCHEDULE FOR 3<sup>rd</sup> WEEK

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea
6.30 - 7.00 am	Shuddhi kriya self Abhyas	Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	

7.00 - 8.15 am	Swadhyaya and havan at Swamiji's Kuti	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Combin ed Yoga Abhyas
8.30 - 9.00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfa st
9.15 - 12.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Check out 10:00 am.
12.00 - 1.00 pm	lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12.30 to 2pm	Medical follow up	Bhagwadgeeta	Bhagwadgeet a	Bhagwadgeeta	Bhagwadgeet a	Bhagwadgeeta	Bhagwadgeeta	
03 - 3.30 pm		Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	
1.00 - 5.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	
5.00 - 6.00 pm from (Monday)	Self Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/ Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	
6.15 - 7.00 p.m.	Talk & Interaction by Vaidya. Jagdish	Chanting	Chanting	Chanting	Swadhyaya and havan at Swamiji's Kuti	Swadhyaya and havan at Swamiji's Kuti	Swadhyaya and havan at Swamiji's Kuti	
7.15 - 7.45 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8.15 - 9.00 pm		Lecture	Documentary	Lecture	Documentary	Lecture	Documentary	

### SCHEDULE FOR 4<sup>th</sup> WEEK

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea
6.30 - 7.00 am	Shuddhi kriya self Abhyas	Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	Yogic Shuddhi Kriyas Abhyas	
7.00 - 8.15 am	Swadhyaya and havan at Swamiji's Kuti	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Combined Yoga Abhyas
8.30 - 9.00am	breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15 - 12.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Check out 10:00 am.
12.00 - 1.00 pm	lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12.30 to 2pm	Medical follow up	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	Bhagwadgeeta	
03 - 3.30 pm		Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	
1.00 - 5.00 pm		Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	Nature cure / Ayurveda sessions	
5.00 - 6.00 pm from (Monday)	Self Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas	
6.15 - 7.00 p.m.	Talk & Interaction by Vaidya. Jagdish	Kriya Yog	Kriya Yog	Kriya Yog	Prandharana	Prandharana	Prandharana	

7.15 - 7.45 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
8.15 - 9.00 pm		Lecture	Documentary	Lecture	Documentary	Lecture	Documentary