

First Week Schedule								
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am		Herbal Tea						
6.30 – 7.00 am		Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas					
7.00 – 8.15 am		Basic/Therapy/ Advance Yoga Abhyas						Combined Yoga Abhyas
8.30 – 9.00am		Breakfast						Breakfast
8.30– 12.00 pm		Nature cure /Ayurveda Treatment						Check out 10:00 am.
10.30 to 11.15am		Special Yoga Class for Yoga relaxation participants						11 to 12am special class for continuation participants
12.00 – 1.00 pm	Check in	Lunch						
2.30 – 3.30 pm	Herbal Tea	Herbal Tea						
1.00 – 5.00 pm	Medical Checkup (12.00 to 530pm)	Nature cure /Ayurveda Treatment						
5.00 – 6.00 pm from (Monday)	5.30 to 6.30pm Documentary Introduction & Schedule Discussion	Basic/ Therapy/ Advance Yoga Abhyas						
6.15 – 7.15 p.m.		Pranayama Abhyas			Trataka	Chanting / Meditation with Sitar		
7.15 – 7.45 pm	Dinner							
8.15 – 9.00 pm		Discussion	Discussion	Discussion	Documentary	Discussion	Discussion	
9.00pm	Good Night							

2nd Week Schedule								
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am		Herbal Tea						
6.30 – 7.00 am		Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas					
7.00 – 8.15 am	Combined Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas						Combined Yoga Abhyas
8.30 – 9.00am		Breakfast						Breakfast
8.30– 12.00 pm		Nature cure /Ayurveda Treatment						Check out 10:00 am.
10.30 to 11.15am	11 to 12am special class for continuation participants	Special Yoga Class for Yoga relaxation participants						11 to 12am special class for continuation participants
12.00 – 1.00 pm		Lunch						
2.30 – 3.30 pm		Herbal Tea						
1.00 – 5.00 pm	Medical Followup (12.30 to 1.30pm)	Nature cure /Ayurveda Treatment						
5.00 – 6.00 pm from (Monday)	Self Abhyas	Basic/ Therapy/ Advance Yoga Abhyas						
6.15 – 7.15 p.m.	swadhya at Swamiji Kuti	Pranayama Abhyas			Chanting / Meditation with Sitar			
7.15 – 7.45 pm	Dinner							
8.15 – 9.00 pm		Discussion	Discussion	Discussion	Documentary	Discussion	Discussion	
9.00pm	Good Night							

3rd Week Schedule								
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am		Herbal Tea						
6.30 – 7.00 am		Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas					
7.00 – 8.15 am	Combined Yoga Abhyas	Basic/Therapy/ Advance Yoga Abhyas						Combined Yoga Abhyas
8.30 – 9.00am		Breakfast						Breakfast
8.30– 12.00 pm	11 to 12am special class for continuation participants	Nature cure /Ayurveda Treatment						Check out 10:00 am.
10.30 to 11.15am		Special Yoga Class for Yoga relaxation participants						11 to 12am special class for continuation participants
12.00 – 1.00 pm		Lunch						
2.30 – 3.30 pm	Herbal Tea	Herbal Tea						
1.00 – 5.00 pm	Medical Followup (12.30 to 1.30pm)	Nature cure /Ayurveda Treatment						
5.00 – 6.00 pm from (Monday)	Self Abhyas	Basic/ Therapy/ Advance Yoga Abhyas						
6.15 – 7.15 p.m.		Chanting			Swadhya at Swamiji's Kuti			
7.15 – 7.45 pm	Dinner							
8.15 – 9.00 pm		Discussion	Discussion	Discussion	Documentary	Discussion	Discussion	
9.00pm	Good Night							

4th Week Schedule								
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00- 6.15 am		Herbal Tea						
6.30 – 7.00 am		Observation of Yogic Shuddhi kriyas Abhyas	Yogic Shuddhi kriyas Abhyas					
7.00 – 8.15 am		Basic/Therapy/ Advance Yoga Abhyas						Combined Yoga Abhyas
8.30 – 9.00am		Breakfast						Breakfast
8.30– 12.00 pm		Nature cure /Ayurveda Treatment						Check out 10:00 am.
10.30 to 11.15am	11 to 12am special class for continuation participants	Special Yoga Class for Yoga relaxation participants						11 to 12am special class for continuation participants
12.00 – 1.00 pm		Lunch						
2.30 – 3.30 pm		Herbal Tea						
1.00 – 5.00 pm		Nature cure /Ayurveda Treatment						
5.00 – 6.00 pm from (Monday)	Self Abhyas	Basic/ Therapy/ Advance Yoga Abhyas						
6.15 – 7.15 p.m.	Swadhya at Swamiji Kuti	Kriya Yoga			Prandharna			
7.15 – 7.45 pm	Dinner							
8.15 – 9.00 pm		Discussion	Discussion	Discussion	Documentary	Discussion	Discussion	
9.00pm	Good Night							