

Schedule

5th - 7th July 2019

5th July, Friday

Arrival - 5:00 pm

Mingling Session - 6:00 pm - 7:00 pm

Dinner - 7:00 pm - 8:00 pm

Group Activity - 8:15 pm - 9:00 pm

6th July, Saturday

Morning Trek at Duke's Nose Lonavala
followed by breakfast: 7 am - 11 am

Lunch: 12:00 noon - 1:00 pm

Relaxation: 1:00 pm - 2:30 pm

Group Activity - 2:30 pm - 3:30 pm

Herbal Tea - 3:30 pm - 3:45 pm

Indoor activity and knowing each other - 3:45 pm - 5:00 pm

Pranayama session - 5:15 pm - 6:15 pm

Mantra japa and Hawan at Swamiji Kuti - 6:30 pm - 7:00 pm

Dinner - 7:00 pm - 8:00 pm

Group Activity - 8:00 pm - 9:00 pm

7th July, Sunday

Yoga abhyas - 7:00 am - 8:00 am

Mantra japa - 8:00 am - 8:30 am

Breakfast - 8:30 am - 9:00 am

Career and You - 9:30 am - 10:45 am

Herbal Tea - 10:45 am - 11:00 am

Group activity: 11:00 am - 12:00 noon

Lunch: 12:00 - 1:00 pm

Relaxation: 1:00 pm - 2:30 pm

Concluding session - 2:30 pm