

SCHEDULE FOR 1st 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	
2.30 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	

SCHEDULE FOR 2nd 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	Combine d 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	
2.30 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 3rd WEEK

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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	Swadhyaaya 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	Combine d 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	
2.30 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	