

Yoga and Sound Retreat-2017

From Sept 6th to 13th 2017

This is a proposed daily schedule. It may change as needed to accommodate other requirements.

Wednesday, September 06, 2017

12 Noon - 9:00 pm	Registration-Main Office
6.00 - 6:30 pm	Evening Arati
6:30 - 7:30 pm	Dinner
8:00 pm onward	Orientation and welcome address- Temple Lecture Hall

Thursday, September 07 - Wednesday 13, 2017

5:45 - 6:45 am	Arati (Morning Temple puja) Optional
7:00 - 8:00 am	Breakfast
8:15 - 9:15 am	Swami TV's Class- Temple Lecture Hall
9:45 - 12.15 pm	Yoga Class- Yoga Studio
12:30 - 1:45 pm	Lunch
2:45 - 3:15 pm	Tea

3:30 – 5:30 pm	Music/ Yoga/ Pranayama- Yoga Studio
6:00 - 6:30 pm	Arati (Evening Temple Prayer)
6:30 - 7:30 pm	Dinner
7:45 – 8:00 pm	Bhajan – Pandit Mukesh Desai
8:00 – 8:45 pm	Satsang / Yoga Q & A –Temple Lecture Hall

The camp ends on Wednesday Sept 13 at lunch time.