

Practice and Integrate

Time	Arrival Day	Regular Day	Departure Day
7:00-8:00		Group Meditation	Group Meditation
8:15-8:45		Breakfast	Breakfast
8:45-10:00		Personal Practice/Self Care	Personal Practice/Self Care
10:00-11:30		Karma Yoga	Personal Practice
11:30-12:30		Personal Practice	Personal Practice
12:30-1:00		Lunch	Lunch and Departure
1:00-3:00		Personal Practice	
3:00-4:30	Arrival and Orientation	Karma Yoga	
4:30-6:00	Personal Practice	Personal Practice	
6:00-6:30	Dinner	Dinner	
6:30-7:00	Check-in/Guidance	Check-in/Guidance	
7:30-8:30	Group Meditation	Group Meditation	
8:30-onwards	Self-care & bed	Self-care & bed	

Note: Summer schedule Group Meditation starts at 6:30