

WEEKEND WORKSHOP: DESIGNING YOUR PERSONAL SADHANA - JAN 2025

Time	Friday Jan 17	Saturday Jan 18	Sunday Jan 19
06.00-07.45		Morning Prayers, J&G, Hatha Yoga, Relaxation - Uta	Morning Prayers, J&G, Hatha Yoga, Relaxation - Uta
07.45-08.30		Nadi Shodhana and Meditation - Pierre	Nadi Shodhana and Meditation - Pierre
08.30-09.30		Breakfast	Breakfast
Morning	Arrival 11.00 – 12.30	10.30-12.30 Lecture/Satsang - Pierre	10.00-12.00 Satsang/Conclusion - All
12.00-13.00		Breathing Practice - Shailendra	Closing session - all
13.00-14.00	Lunch	Lunch	Lunch Departure after lunch
15.00-16.00	Introduction/Satsang - All	14.30-15.00 Brisk Walk 15.15-16.00 Lecture/Satsang - Pierre, Uta, Shailendra	
16.00	Tea	Tea	
16.30-18.00	Hatha yoga, Relaxation, Nadi Shodhana – Uta	Hatha yoga, Relaxation, Nadi Shodhana – Uta	
18.00-18.30	Guided Meditation - Pierre	Guided Meditation - Pierre	
18.30	Dinner	Dinner	
19.00-20.00	Preparation for sitting - Shailendra		
20.00-21.00	Lecture/Satsang - Pierre	Satsang and Kirtan - Pierre, Shailendra	
21.00-..	Evening Prayers, Silent Meditation - All	Evening Prayers, Silent Meditation - All	

Program may be due to minor changes, these will be announced on the flipover board.

During blue colored periods, we will all observe silence: from after evening prayers till after breakfast

Bookstore will be open:

Friday 19u – 19u45

Saturday 14u – 14u30 en 19u – 19u45