

Friday 19 th September	TIME	Saturday 20 th Sept.	Sunday 21 st Sept.
	05.30	Awaken with conscious transition	Awaken with conscious transition
	06.00-06.15	Morning prayers	Morning prayers
	06.15-07.45	J&G/Hatha Yoga - <i>Uta</i>	J&G/Hatha Yoga - <i>Uta</i>
	07.45-08.30	Meditation - <i>Ma Tripura</i>	Meditation - <i>Ma Tripura</i>
	08.30-09.30	Breakfast	Breakfast
WELCOME	9.30-10.00	Contemplative walking - <i>Shailendra</i>	Contemplative walking - <i>Shailendra</i>
11.00 – 12.30 ARRIVAL	10.30-12.30	Expanding Silence - <i>Ma Tripura</i>	Overcoming obstacles in the practice of silence - <i>Pierre/Shailendra</i>
		Nadi Shodhanam	Nadi Shodhanam
13.00 – 14.00 Lunch	13.00-14.00	Lunch	Lunch
13.45 – 14.30 Bookstore open	13.45 14.30	Bookstore open	Bookstore open
15.00 Orientation / Introduction Intro into Silence - <i>All</i>	15.00	Rest	14.30 – 15.30: NewMoonMeditation
		Brisk walk - <i>Pierre</i>	
		Meetings/appointments	Meetings/appointments
16.00 Tea	16.00	Tea	Tea
16.30-17.30 Intro nadi shodana and sitting pose <i>Shailendra</i>	16.30-17.00	Hatha Yoga - <i>Sonia</i>	Hatha Yoga - <i>Sonia</i>
17.30 Subtle Body Relaxation - <i>Ma Tripura</i>	17.00-17.45	Subtle Body Relaxation - <i>Ma Tripura</i>	Subtle Body Relaxation - <i>Ma Tripura</i>
18.00 Meditation – <i>Pierre</i>	17.45-18.30	Meditation - <i>Pierre</i>	Meditation - <i>Pierre</i>
18.30 – 19.30 Supper	18.30 19.15	Supper	Supper
19.15 – 20.00 Intro: Contemplative walking and Makarasana - <i>Shailendra</i>	19.15-20.00	Rest/ Walking	Rest/Walking
Next Steps in the Practice of Silence - <i>Pierre</i> <u>Silence begins</u>	20.00-21.00	Beautiful Colors of the Mind – <i>MaTripura/ Sonia/ Riemke</i>	How to Divinize each moment - <i>Ma Tripura</i>
Evening prayers - <i>All</i>	21.00	Evening prayers - <i>All</i>	Evening prayers - <i>All</i>

TIME	Monday 22 nd Sept.	Tuesday 23 rd Sept.	Wednesday 24 th Sept.
05.30	Awaken with conscious transition	Awaken with conscious transition	Awaken with conscious transition
06.00-06.15	Morning prayers	Morning prayers	Morning prayers
06.15-07.45	J&G/Hatha Yoga - <i>Shailendra</i>	J&G/Hatha Yoga - <i>Uta</i>	J&G/Hatha Yoga - <i>Uta</i>
07.45-08.30	Meditation - <i>Ma Tripura</i>	Meditation - <i>Ma Tripura</i>	Meditation - <i>Ma Tripura</i>
08.30-09.30	Breakfast	Breakfast	Breakfast
9.30-10.00	Contemplative walking - <i>Shailendra</i>	Contemplative walking - <i>Shailendra</i>	Contemplative walking - <i>Shailendra</i>
10.30-12.30	Japa and Akhanda japa: Preparations, what and Why - <i>Pierre</i>	45 Min Japa/Meditation, 5 Min Stretches, 45 Min Japa/Meditation	45 Min Japa/Meditation, 5 Min Stretches, 45 Min Japa/Meditation
	Nadi Shodhanam	Nadi Shodhanam	Nadi Shodhanam
13.00-14.00	Lunch	Lunch	Lunch
1.45 – 14.30	Bookstore open		
15.00	Rest	Rest	Rest
	Brisk walk - <i>Pierre</i>	Brisk walk - <i>Pierre</i>	Brisk walk - <i>Pierre</i>
	Meetings/appointments	Meetings/appointments	Meetings/appointments
16.00	Tea	Tea	Tea
16.30-17.00	Hatha Yoga - <i>Uta</i>	Hatha Yoga - <i>Uta</i>	Hatha Yoga - <i>Pierre</i>
17.00-17.45	Subtle Body Relaxation - <i>Ma Tripura</i>	Subtle Body Relaxation - <i>Ma Tripura</i>	Subtle Body Relaxation - <i>Ma Tripura</i>
17.45-18.30	Meditation - <i>Pierre</i>	Meditation - <i>Pierre</i>	Meditation - <i>Pierre</i>
18.30-19.15	Supper	Supper	Supper
19.15-20.00	Rest/Walking	Rest/Walking	Rest/Walking
20.00-21.00	Stories of our Experiments with Silence - <i>All</i>	Q's & A's (On practices) - <i>All</i>	Starting Akhanda Japa - <i>All</i>
21.00	Evening prayers - <i>All</i>	Evening prayers - <i>All</i>	AKHANDA JAPA

TIME	Thursday 25 st Sept.	Friday 26 th Sept.
05.30	AKHANDA JAPA	Awaken with conscious transition
06.00-06.15	AKHANDA JAPA	Morning prayers
06.15-07.45	AKHANDA JAPA	J&G/Hatha Yoga - <i>Shailendra</i>
07.45-08.30	AKHANDA JAPA	Meditation - <i>Ma Tripura</i>
08.30-09.30	Breakfast	Breakfast
9.30-10.00	AKHANDA JAPA	Preparing for leaving
	(Cont. walking- <i>Shailendra</i>)	
10.30-12.30	AKHANDA JAPA	Coming out of silence and Sharing - <i>All</i>
		Closing session - <i>All</i>
13.00-14.00	Lunch	Lunch
15.00	AKHANDA JAPA	Departure between 14.00 -15.00
	(Brisk walk- <i>Pierre</i>)	
16.00	Tea	<i>SAFE TRAVELS HOME,</i> <i>TILL NEXT TIME</i> 
16.30-17.00	AKHANDA JAPA	
17.00-17.45	AKHANDA JAPA	
17.45-18.30	AKHANDA JAPA	
18.30-19.15	Supper	
19.15-20.00	AKHANDA JAPA	
20.00-21.00	AKHANDA JAPA	
21.00	Evening prayers - <i>All</i>	