

Friday 4 th September	TIME	Saturday 5 th Sept.	Sunday 6 th Sept.	Monday 7 th Sept.
	05.30	Awaken with Conscious Transition	Awaken with Conscious Transition	Awaken with Conscious Transition
possible changes in this	06.00-06.15	Morning Prayers - <i>All</i>	Morning Prayers - <i>All</i>	Morning Prayers - <i>All</i>
schedule will be posted	06.15-07.45	J&G/Hatha Yoga - <i>Uta</i>	J&G/Hatha Yoga - <i>Uta</i>	J&G/Hatha Yoga - <i>Uta</i>
on the flipover board	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
NB different timetable	9.30	Contemplative walking	Contemplative walking	Contemplative walking
for today!	-10.00	- <i>Shailendra</i>	- <i>Shailendra</i>	- <i>Shailendra</i>
11.00 – 12.30 ARRIVAL	10.30-12.30	Making the Mind a Friend (Internal dialogue) - <i>Ma Tripura</i>	Bringing Silence to Daily Life - <i>Pierre/Shailendra</i>	Silence in the middle of action – <i>Ma Tripura</i>
		Nadi Shodhanam	Nadi Shodhanam	Nadi Shodhanam
13.00 – 14.00 Lunch	13.00-14.00	Lunch	Lunch	Lunch
		Rest	Rest	Karma yoga, room switching and cleaning
15.00 Orientation / Introduction	15.00	Brisk walk - <i>Pierre</i>	Brisk walk - <i>Pierre</i>	Brisk walk - <i>Pierre</i>
Intro into Silence - <i>All</i>		Meetings/appointments	Meetings/appointments	Meetings/appointments
		bookstore 1530 – 1615	bookstore 1530 – 1615	
16.00 Tea	16.00	Tea	Tea	Tea
16.30-17.30 Intro nadi shodana and sitting pose <i>Shailendra</i>	16.30-17.00	Hatha Yoga - <i>Riemke</i>	Hatha Yoga - <i>Riemke</i>	Hatha Yoga - <i>Riemke</i>
17.30 Subtle Body Relaxation - <i>Ma Tripura</i>	17.00-17.45	Relaxation / Subtle Body Practice - <i>Ma Tripura</i>	Relaxation / Subtle Body Practice - <i>Ma Tripura</i>	Relaxation / Subtle Body Practice - <i>Ma Tripura</i>
18.00 Meditation <i>Pierre</i>	17.45-18.30	Meditation - <i>Pierre</i>	Meditation - <i>Pierre</i>	Meditation - <i>Pierre</i>
18.30 – 19.30 Supper	18.30-19.15	Supper	Supper	Supper
Bookstore: 1915-1945				
19.15 – 20.00 Intro contemplative walking and Makarasana – <i>Shailendra</i>	19.15-20.00	Rest, walk	Rest, walk	Rest, walk
Practical Silence - <i>Pierre</i> <u>Silence begins</u>	20.00-21.00	The Five Pillars of Sadhana - <i>Riemke</i>	Science of Mantra - <i>Ma Tripura, Pierre</i>	Japa, Akhanda Japa, explanation and preparation - <i>Pierre</i>
Evening prayers - <i>All</i>	21.00	Evening prayers - <i>All</i>	Evening prayers - <i>All</i>	Evening prayers - <i>All</i>

TIME	Tuesday 8 th Sept.	Wednesday 9 th Sept.	Thursday 10 th Sept.	Friday 11 th Sept.
05.30	Awaken with Conscious Transition	Awaken with Conscious Transition	AKHANDA JAPA	Awaken with Conscious Transition
06.00-06.15	Morning Prayers - <i>All</i>	Morning Prayers - <i>All</i>	AKHANDA JAPA	Morning Prayers - <i>All</i>
06.15-07.45	J&G/Hatha Yoga - <i>Uta</i>	J&G/Hatha Yoga - <i>Uta</i>	AKHANDA JAPA	J&G/Hatha Yoga - <i>Uta</i>
07.45-08.30	Meditation - <i>Ma Tripura</i>	Meditation - <i>Ma Tripura</i>	AKHANDA JAPA	Meditation - <i>Ma Tripura</i>
08.30-09.30	Breakfast	Breakfast	Breakfast	Breakfast
9.30 -10.00	Contemplative walking - <i>Shailendra</i>	Contemplative walking - <i>Shailendra</i>	AKHANDA JAPA	Bookstore: 9.30 - 10
			(Cont. walking- <i>Shailendra</i>)	
10.30-12.30	45 Min Japa/Meditation, 5 Min Stretches, 45 Min Japa/Meditation	45 Min Japa/Meditation, 5 Min Stretches, 45 Min Japa/Meditation	AKHANDA JAPA	Coming out of silence and Sharing - <i>All</i>
	Nadi Shodhanam	Nadi Shodhanam		Closing session - <i>All</i>
13.00-14.00	Lunch	Lunch	Lunch	Lunch
15.00	Rest	Rest	AKHANDA JAPA	Departure between 14.00 -15.00
	Brisk walk - <i>Pierre</i>	Brisk walk - <i>Pierre</i>	(Brisk walk- <i>Pierre</i>)	
	Meetings/appointments	Meetings/appointments		
16.00	Tea	Tea	Tea	
16.30-17.00	Hatha Yoga - <i>Uta</i>	Hatha Yoga - <i>Uta</i>	AKHANDA JAPA	
17.00-17.45	Relaxation / Subtle Body Practice - <i>Ma Tripura</i>	Relaxation / Subtle Body Practice - <i>Ma Tripura</i>	AKHANDA JAPA	
17.45-18.30	Meditation - <i>Pierre</i>	Meditation - <i>Pierre</i>	AKHANDA JAPA	
18.30-19.15	Supper	Supper	Supper	
19.15-20.00	Rest, walk	Rest, walk	AKHANDA JAPA	
20.00-21.00	Q's & A's (On practices) - <i>All</i>	Starting Akhanda Japa - <i>All</i>	AKHANDA JAPA	
21.00	Evening prayers - <i>All</i>	AKHANDA JAPA	Evening prayers - <i>All</i>	