



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
8-9am					Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra
10-12pm				Check in - Rishikesh	Check in - Rishikesh	Understanding Energy and the Role of the Mind (Kamini)	I AM Yoga: Master Your Life Energy (Kamini)
3-3:45pm					Yoga Nidra	Yoga Nidra	Yoga Nidra
4-6pm					Opening Ceremony	Group Satsang - Gurudev/Kamini	Satsang
	Feb 25	Feb 26	Feb 27	Feb 28 (Excursion Day)	Mar 1	Mar 2	Mar 3
8-9am	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra
10-12pm	Understanding and Resolving Emotions as Energy (Kamini)	Thoughts and Your Health (Kamini)	Awaken Your Inner Healer (Kamini)	Off	Listening to Energy as Inner Guidance (Kamini)	Anatomy of Energy: The Journey of the Soul through Human Embodiment (Kamini)	Yoga Therapy Experiential session (Kamini)
3-3:45pm	Yoga Nidra	Yoga Nidra	Yoga Nidra	Off	Yoga Nidra	Yoga Nidra	Yoga Nidra
4-6pm	Satsang	Satsang	Satsang	Off	Satsang	Satsang	Satsang
	Mar 4	Mar 5	Mar 6	Mar 7 (Excursion Day)	Mar 8	Mar 9	Mar 10
8-9am	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra	Yoga & Yoga Nidra		
10-12pm	Practical Energy Management The Stress Producing Mental Tendencies (Kamini)	Understanding the Energy of Relationships (Kamini)	Ida and Pingala and Energy Balancing Techniques (Kamini)	Off	Check out - Rishikesh		
3-3:45pm	Yoga Nidra	Yoga Nidra	Yoga Nidra	Off			
4-6pm	Satsang	Satsang	Satsang	Off			

* Subject to Change