

The Power of Scripture in Practice
Awaken the Power of Prana Shakti

The Power of Scripture in Practice

Jan 21-Jan 27, 2020

Kripalu Samadhi Mandir, Malav, Gujarat

DAILY SCHEDULE*

7:00 AM Aarti 2:30 PM Afternoon Session

8:00 AM Yoga 3:30 PM Chai

9:00 AM Breakfast 5:30 PM Dinner

10:30 AM Morning Session 6:30 PM Aarti

12:30 PM Lunch 7:30 PM Evening Session

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tue
Daily Schedule	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28
8:00 AM	Early Check In	Check In	Optional Yoga	Yoga	Yoga	Lineage Trip to Kayavarohan	Yoga	Yoga	Yoga	Yoga
10:30 AM			Orientation & walking tour of Malav	Gurudev	Gurudev and Devarshi on Bhagavad Gita		Gurudev	Gurudev	CLOSING	Brunch
2:30 - 5:30 PM				Scripture Study and I AM Practices	Scripture Study and I AM Practices		Scripture Study and I AM Practices	Kriya Breath Workshop with Devarshi	Optional Experience	Travel to Jaipur
4:00 PM			OPENING							
7:30 PM				Movie Night			Bonfire Kirtan	Rasa Dance		

^{*}Subject to change



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Feb 4 - Feb 10, 2020

Jim Corbett National Park

DAILY SCHEDULE*

7:30 AM Yoga 1:00 PM Lunch

8:30 AM Breakfast 3:00 PM Afternoon Session

10:00 AM Morning Session 5:30 PM Dinner

12:00 PM Yoga Nidra 7:00 PM Evening Session

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tue
Daily Schedule	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11
7:30 AM		Travel from Delhi to JC	Check In	Yoga	Yoga	Excursion	Yoga	Yoga	Yoga	Travel to Delhi. Flight back to US
10:00 AM				Gurudev introduces Prana & Prana Awakening. How to work with it. Its value	Gurudev leads music/ movement		Gurudev leads Kapalabhati variations and holding the pose	Gurudev leads Quantum Breath, other pranayamas & seated meditation/Yoga Nidra	Gurudev bringing prana into your life. Closing	
12:00 PM				Yoga Nidra	Yoga Nidra		Yoga Nidra	Yoga Nidra	Yoga Nidra	
3:00-5:30 PM				Understanding Prana, stages of prana and it's role in spiritual awakening	I AM Yoga®: Level I prana management workshop		I AM Yoga Therapy™: Level II prana exploration	Understanding the Energy of Relationships	Optional workshop	
4:00 PM			Welcome Yoga							
7:00 PM			OPENING	Kirtan Music and Fire			Kirtan Music and Fire			

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