



Lord Sri Kalki School of Enlightenment

HATHA YOGA (70 Hours per Week)

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM -7:15 AM	Pranayama & Meditation - Air	Pranayama & Meditation - Air	Pranayama & Meditation - Air	Pranayama & Meditation - Air	Pranayama & Meditation - Air	Pranayama & Meditation - Air	
7:30 AM -8:55 AM	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	
9:00 AM - 10:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
10:00 AM - 11:00 AM	Philosophy 1	Philosophy 4	Philosophy 7	Philosophy 10	Philosophy 13	Philosophy 16	
11:00 AM - 12:00 Noon	Philosophy 2	Philosophy 5	Philosophy 8	Philosophy 11	Philosophy 14	Philosophy 17	
12:00 Noon - 1:00 PM	Self - Study	Self - Study	Self - Study	Self - Study	Self - Study	Self - Study	H
1:00 PM - 2:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	O
2:00 PM - 3:00 PM	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study	L
3:00 PM - 4:30 PM	Philosophy 3	Philosophy 6	Philosophy 9	Philosophy 12	Philosophy 15	Philosophy 18	I
4:30 PM - 5:30 PM	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	Yoga Hatha Style	D
5:45 PM - 6:00 PM	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	A
6:00 PM - 7:00 PM	Jyoti Dhyana	Jyoti Dhyana	Jyoti Dhyana	Jyoti Dhyana	Jyoti Dhyana	Jyoti Dhyana	Y
7:00 PM - 8:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8:00 PM - 9:00 PM	Satsang	Satsang	Satsang	Satsang	Satsang	Satsang	
9:00 PM - 9:45 PM	The Quest	The Quest	The Quest	The Quest	The Quest	The Quest	
9:45 PM Lights Out							

*Vegetarian Meals only.

*The schedule is subject to change

Duration: 100 Hours or 10 Days

Fees: Shared Bedroom (Rs. 50,000/-) for Indians and € 995 for International Participants.

Fees: Private Room (Rs, 60,000/-) for Indians and € 1095 for International Participants.

LESSON AND PRACTICE PLAN (100 Hours)

Philosophy 1	Introduction to Hatha Yoga
Philosophy 2	Yam
Philosophy 3	Niyam
Philosophy 4	Jyoti Dhyana
Philosophy 5	Asanas 1
Philosophy 6	Asanas 2
Philosophy 7	Asanas 3
Philosophy 8	Asanas 4
Philosophy 9	Asanas 5
Philosophy 10	Pranayama and its practice 1
Philosophy 11	Pranayama and its practice 2
Philosophy 12	Pranayama and its practice 3
Philosophy 13	Pranayama and its practice 4
Philosophy 14	Mudras 1
Philosophy 15	Mudras 2
Philosophy 16	Mudras 3
Philosophy 17	Mudras 4
Philosophy 18	Mudras 5
Philosophy 19	Prathyahra
Philosophy 20	Dharana
Philosophy 21	Understanding the Kundalini
Philosophy 22	The Shakti Chalana
Philosophy 23	Samadhi 1
Philosophy 24	Samadhi 2
Philosophy 26	Samadhi of Bodha