



Lord Sri Kalki School of Enlightenment

LAYA 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	Yoga	Yoga	Yoga	Yoga	Yoga	
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	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	D
5:45 PM - 6:00 PM	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	A
6:00 PM - 7:00 PM	Bindhu Dhyana	Bindhu Dhyana	Bindhu Dhyana	Bindhu Dhyana	Bindhu Dhyana	Bindhu 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 Laya Yoga
Philosophy 2	The two paths – Pravriti and Nivriti
Philosophy 3	Qualification essential to perform Laya Yoga
Philosophy 4	The organs of Laya Yoga
Philosophy 5	The first organ - Yam
Philosophy 6	The second organ - Niyam
Philosophy 7	The third organ – Sthul Kriya
Philosophy 8	Sthula Kriya through Mantra Yoga
Philosophy 9	Sthula Kriya through Hata Yoga
Philosophy 10	The Kundalini Yoga -1
Philosophy 11	The Kundalini Yoga -2
Philosophy 12	Sukshma Kriya
Philosophy 13	Making the Sri Chakra
Philosophy 14	Sri Chakra - performance
Philosophy 15	Sri Chakra – Invoking the Deities
Philosophy 16	Pratyahara
Philosophy 17	Dharana 1
Philosophy 18	Dharana 2
Philosophy 19	Dhyana
Philosophy 20	Laya Kriya 1
Philosophy 21	Laya Kriya 2
Philosophy 22	Laya Kriya 3
Philosophy 23	Samadhi of Mahalaya
Philosophy 24	Guru-Shishya Parampara
Philosophy 26	The 22 Mahavakyas