



Lord Sri Kalki School of Enlightenment

MANTRA 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	Practice	Practice	Practice	Practice	Practice	Practice	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 Mantra Yoga
Philosophy 2	What is Mantra? Types of Mantra
Philosophy 3	The origin of Mantra
Philosophy 4	Mantra Shakti
Philosophy 5	Shabd and Arth aspects of Creation. The Prakriti and Purusha perspective
Philosophy 6	The sixteen organs of Mantra Yoga
Philosophy 7	Bhakti (Devotional Service)
Philosophy 8	Shuddhi (Purification)
Philosophy 9	Asana and its relevance
Philosophy 10	Panchangsevan of the five Bhavas
Philosophy 11	Aachar (Code of conduct)
Philosophy 12	Dharana (Perception / Concentration)
Philosophy 13	Prana Kriya (Pranayama)
Philosophy 14	Mudra
Philosophy 15	Tarpan
Philosophy 16	Havan (Oblation)
Philosophy 17	Bali (Sacrifice)
Philosophy 18	Yag (Ways of Worship)
Philosophy 19	Japa
Philosophy 20	Dhyana (Meditation)
Philosophy 21	Samadhi of Bhava
Philosophy 22	Psychoanalysis
Philosophy 23	Performing of Karmakanda
Philosophy 24	Performing of Yagna
Philosophy 26	Invoking the Deities
Philosophy 27	The Sandhya
Philosophy 28	Deeksha
Practice	Making Bhog, Decoration, Mandala, Yagna, Japa, Upchaar, Tarpan, Mudra, Chanting & Purification