



Lord Sri Kalki School of Enlightenment

MEDITATION (80 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	Meditation - Water	Meditation - Water	Meditation - Water	Meditation - Water	Meditation - Water	Meditation - Water	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	Pratyahara & Dharana	Pratyahara & Dharana	Pratyahara & Dharana	Pratyahara & Dharana	Pratyahara & Dharana	Pratyahara & Dharana	D
5:45 PM - 6:00 PM	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	A
6:00 PM - 7:00 PM	Meditation - Earth	Meditation - Earth	Meditation - Earth	Meditation - Earth	Meditation - Earth	Meditation - Earth	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	Meditation - Fire	Meditation - Fire	Meditation - Fire	Meditation - Fire	Meditation - Fire	Meditation - Fire	
9:45 PM Lights Out							
9: 45 PM - 10:30 PM	Meditation - Aakash (Candle Light)	Meditation - Aakash (Candle Light)	Meditation - Aakash (Candle Light)	Meditation - Aakash (Candle Light)	Meditation - Aakash (Candle Light)	Meditation - Aakash (Candle Light)	

*Vegetarian Meals only.

*The schedule and Fees are subject to change

Duration: 100 Hours

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 Meditation - Its type and characteristics
Philosophy 2	The two Paths – Path of Light and Path of Shadow
Philosophy 3	Tattva Gyan
Philosophy 4	Types of Pranayamas and Their Relevance, Prathyahara, type of Asanas
Philosophy 5	The six types of Nyaas – The Vedic aspect
Philosophy 6	Kriya Yoga, Concept of Nyaas and Practice
Philosophy 7	Ekagrata and Dharana on Elements as per Patanjali Yogsutras and Sri Shiv Mahapuran
Philosophy 8	Rotation of Consciousness with Elements
Philosophy 9	The Procedure and Precautions
Philosophy 10	The 64 Siddhis or Attainments
Philosophy 11	Karmishrestha
Philosophy 12	Bhava Shuddhi
Philosophy 13	Evolution of Mantra – Pranav and Beej
Philosophy 14	Precautions in Sadhana – Yam, Niyam, Asana, Pranayama, Pratyahara, Dharana and Dhyana
Philosophy 15	State of Samadhi – Bhava, Bodh, Mahalaya and Nirvikalp
Philosophy 16	The 24 Tattva and its Deities, The 33 Deities
Philosophy 17	Chakra – Myth and Reality
Philosophy 18	Chakra Peeth Shuddhi
Philosophy 19	Upchaar
Philosophy 20	The Quest
Philosophy 21	The Quest