



Lord Sri Kalki School of Enlightenment

PATANJALI YOGSUTRA (1 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 5	Philosophy 9	Philosophy 13	Philosophy 17	Philosophy 20	
11:00 AM - 12:00 Noon	Philosophy 2	Philosophy 6	Philosophy 10	Philosophy 14	Philosophy 18	Graduation	
12:00 Noon - 1:00 PM	Self - Study	Self - Study	Self - Study	Self - Study	Self - Study	Graduation	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		L
3:00 PM - 4:30 PM	Philosophy 3	Philosophy 7	Philosophy 11	Philosophy 15	Philosophy 19		I
4:30 PM - 5:30 PM	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga		D
5:45 PM - 6:00 PM	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal		A
6:00 PM - 7:00 PM	Philosophy 4	Philosophy 8	Philosophy 12	Philosophy 16	Rest / Self-Study		Y
7:00 PM - 8:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner		
8:00 PM - 9:00 PM	Satsang	Satsang	Satsang	Satsang	Satsang		
9:00 PM - 9:45 PM	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: 1 Week

Fees: Shared Bedroom (Rs. 30,000/-) for Indians and € 650 for International Participants.

Fees: Private Room (Rs. 35,000/-) for Indians and € 700 for International Participants.

LESSON AND PRACTICE PLAN (1 Week)

Philosophy 1	Patanjali Yogsutra Begins with Samadhi Pada
Philosophy 2	Samadhi Pada continues
Philosophy 3	Samadhi Pada continues
Philosophy 4	Samadhi Pada continues
Philosophy 5	Samadhi Pada ends
Philosophy 6	Sadhan Pada begins
Philosophy 7	Sadhan Pada continues
Philosophy 8	Sadhan Pada continues
Philosophy 9	Sadhan Pada continues
Philosophy 10	Sadhan Pada ends
Philosophy 11	Vibhuti Pada begins
Philosophy 12	Vibhuti Pada continues
Philosophy 13	Vibhuti Pada continues
Philosophy 14	Vibhuti Pada continues
Philosophy 15	Vibhuti Pada ends
Philosophy 16	Kaivalya Pada begins
Philosophy 17	Kaivalya Pada continues
Philosophy 18	Kaivalya Pada continues
Philosophy 19	Kaivalya Pada continues
Philosophy 20	Patanjali Yogsutra Ends