



Lord Sri Kalki School of Enlightenment

RAJA 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	Braham Dhyana	Braham Dhyana	Braham Dhyana	Braham Dhyana	Braham Dhyana	Braham 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 Raja Yoga
Philosophy 2	Misconception in the society about Raja Yoga
Philosophy 3	Organs of Raja Yoga
Philosophy 4	Object of Meditation
Philosophy 5	Qualifications to do Raja Yoga
Philosophy 6	Two types of Yogi – Brahm Koti and Esh Koti
Philosophy 7	The controlled Mind
Philosophy 8	The No-mind stage
Philosophy 9	State of Desirelessness
Philosophy 10	Karmishetra
Philosophy 11	Dharana 1
Philosophy 12	Dharana 2
Philosophy 13	Dharana 2
Philosophy 14	The Three Bhavas and Their Role
Philosophy 15	The three forms – Saguna, Nirguna, Sagunnirguna
Philosophy 16	The Om 1
Philosophy 17	The Om 2
Philosophy 18	The Om 3
Philosophy 19	Dhyana 1
Philosophy 20	Dhyana 2
Philosophy 21	Samadhi - Savikalp
Philosophy 22	Samadhi - Nirvikalp
Philosophy 23	Who am I?
Philosophy 24	The world is Brahm
Philosophy 26	The Brahm is the world