



Lord Sri Kalki School of Enlightenment

YOG NIDRA (1 Week Course)

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	Demonstration	H
11:00 AM - 12:00 Noon	Philosophy 2	Philosophy 5	Philosophy 8	Philosophy 11	Philosophy 14	Graduation	O
12:00 Noon - 1:00 PM	Self - Study	Self - Study	Practice 3	Practice 5	Practice 7	Graduation	L
1:00 PM - 2:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	I
2:00 PM - 3:00 PM	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study	Rest / Self-Study		D
3:00 PM - 4:30 PM	Philosophy 3	Philosophy 6	Philosophy 9	Philosophy 12	Philosophy 15		A
4:30 PM - 5:30 PM	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga		Y
5:45 PM - 6:00 PM	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal		
6:00 PM - 7:00 PM	Practice 1	Practice 2	Practice 4	Practice 6	Practical		
7:00 PM - 8:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8:00 PM - 9:00 PM	Satsang	Satsang	Satsang	Satsang	Satsang		
9:00 PM - 9:45 PM	Free Time	Free Time	Free Time	Free Time	Free Time		
9:45 PM Lights Out							

*Vegetarian Meals only.

*The schedule and Fees are subject to change

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

Philosophy 1	Introduction to Yog Nidra. Yog Nidra in scriptures
Philosophy 2	The two Paths – Path of Light and Path of Shadow
Philosophy 3	Tattva Gyan
Philosophy 4	Types of Pranayamas and Their Relevance
Philosophy 5	The six types of Nyaas – The Vedic aspect
Philosophy 6	Nyaas – The Practice
Philosophy 7	Ekagrata and Dharana
Philosophy 8	Rotation of consciousness
Philosophy 9	The Procedure and Precautions
Philosophy 10	Nyasa of 24 Elements
Philosophy 11	Preparing the ground or Mandala
Philosophy 12	The Rituals
Philosophy 13	Your Script
Philosophy 14	Final Script
Philosophy 15	The Final Demonstration

Practice 1	The Direction and necessary tools
Practice 2	The Verses and the Prayer
Practice 3	The Performance with tools
Practice 4	The Kriya Yoga
Practice 5	Writing the personal Script
Practice 6	Demonstration Private
Practice 7	Demonstration Public