



Lord Sri Kalki School of Enlightenment

YOGASANA – HATHA, ASTANGA STYLE & RESTORATIVE (60 Hours per Week)

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM - 7:15 AM	Pranayama & Meditation	Pranayama & Meditation	Pranayama & Meditation	Pranayama & Meditation	Pranayama & Meditation	Pranayama & Meditation	
7:30 AM - 8:55 AM	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	
9:00 AM - 10:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	H
10:00 AM - 11:00 AM	Anatomy	Anatomy	Anatomy	Anatomy	Anatomy	Anatomy	O
11:00 AM - 12:00 Noon	Theory	Theory	Theory	Theory	Theory	Theory	L
12:00 Noon - 1:00 PM	Self - Study	Self - Study	Self - Study	Self - Study	Self - Study	Self - Study	I
1:00 PM - 2:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	D
2:00 PM - 3:00 PM	Rest	Rest	Rest	Rest	Rest	Rest	A
3:00 PM - 4:30 PM	Philosophy	Philosophy	Philosophy	Philosophy	Philosophy	Philosophy	Y
4:30 PM - 5:30 PM	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	
5:30 PM - 5:45 PM	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	
5:45 PM - 6:00 PM	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	Asthachal	
6:00 PM - 7:00 PM	Free-time	Free-time	Free-time	Free-time	Free-time	Free-time	
7:00 PM - 8:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8:00 PM - 9:00 PM	Satsang	Satsang	Satsang	Satsang	Satsang	Satsang	
9:45 PM Lights Out							

*Vegetarian Meals only.

*The schedule is subject to change

Fees: Shared Bedroom (Rs. 5,000/- per day) for Indians and € 90 per day for International Participants.

Fees: Private Room (Rs. 5,500/- per day) for Indians and € 100 per day for International Participants.

Philosophy lessons include Srimad Bhagavad Gita, Tattva Gyan, and Patanjali Yogsutra.