

Healing Relationships

With Nischala Joy Devi

June 15-20, 2020

Satchidananda Ashram - Yogaville

Monday

4:00-PM Registration.....
6:30-7:15 Supper.....SH
7:30-9:30 Orientation and opening Session.....

Tuesday

5:00-6:15am Meditation.....GB
6:20 - 7:50 Ashram Hatha (Level 1 & 2 offered)
8:00-9:00 Breakfast.....SH
9:00-11:30 Morning session.....
12:00-12:30 Meditation.....
12:45-2:30 Lunch and Free time
2:30-6:00 Afternoon session.....
6:30-7:15 Supper.....SH
7:30-9:30 Evening Program

Wednesday

5:00-6:15am Meditation.....GB
6:20 - 7:50 Ashram Hatha (Level 1 & 2 offered)
8:00-9:00 Breakfast.....SH
9:00-11:30 Morning session.....
12:00-12:30 Meditation.....LOTUS
12:45-2:30 Lunch and Free Time
2:30-6:00 Afternoon session.....
6:30-7:15 Supper.....SH
7:30-9:30 Evening Program

Thursday

5:00-6:15am Meditation.....GB
6:20 - 7:50 Ashram Hatha (Level 1 & 2 offered)
8:00-9:00 Breakfast.....SH
9:00-11:30 Morning session.....

12:00-12:30 Meditation.....LOTUS

12:45-2:30 Lunch and Free time
2:30-6:00 Afternoon session.....
6:30-7:15 Supper.....SH
7:30-9:30 Evening Program-Lotus?

Friday

5:00-6:15am Meditation.....GB
6:20 - 7:50 Ashram Hatha (Level 1 & 2 offered)
8:00-9:00 Breakfast.....SH
9:00-11:30 Morning session.....

12:45-2:30 Lunch.....SH
2:30-6:00 Afternoon session.....
6:30-7:15 Supper.....SH
7:30-9:30 Evening Program/ Graduation

Saturday

6:40–7:15

Meditation.....GB

7:30–9:00

Integral Yoga Hatha

9:00–9:30

Breakfast.....SH

9:45–11:15

Closing session

12:45–1:30

Lunch.....SH