

Workshop Schedule

A Course in Inner Awakening

Saturday

10:00 to 11:30 Pranayama (Different types of ancient breathing techniques)

11:30 to 12:00 Surya Namaskara (Sun Salutation - Series of Postures)

12:00 to 12:45 Meditation Chakras using Mudras.

12:45 to 13:00 Aum meditation (To get attuned to AUM Consciousness)

13:00 to 15:00 Lunch Break

15:00 to 15:45 Mantra Chanting for various Health & Spiritual Benefits.

15.45 to 16:15 Discourse on Spiritual numbers

16:15 to 16:45 Yoga Nidra (Meditation to relax your Mind, Body & Soul)

16:45 to 17:00 Tea Break

17:00 to 18:00 Satsang (Question & Answer session with Master)

Sunday

10:00 to 11:00 Pranayama (Different types of ancient breathing techniques)

11:00 to 11:30 Chandra Namaskara (Moon Salutation - Series of Postures)

11:30 to 13:00 Discourse on Asthanga Yoga Sutras

13:00 to 15:00 Lunch Break

15:00 to 15:30 Here & Now Meditation (Guided meditation)

15:30 to 16:30 Nadabrahma Meditation (Meditation with the music)

16:30 to 17:00 Tea Break

17:00 to 18:00 Satsang (Question & Answer session with Master)