

Integral Yoga Programs

Tentative Schedule for Programs

Day of Arrival

4:00-7:00pm	Registration
5:00-6:00pm	Hatha Yoga Class
	Guided Relaxation class (Friday only)
6:00-6:30pm	Evening Meditation
6:30-7:15pm	Dinner
7:30-8:00pm	Orientation
8:00-9:30pm	Program lecture

Daily Schedule (other than Sunday)

5:30am	Wake-up
6:00-6:40am	Morning Meditation
6:50-8:20am	Hatha Yoga Class
8:30-9:15am	Breakfast
9:30-11:30am	Program Lecture
12:00-12:30pm	Meditation at LOTUS
12:45-1:30pm	Lunch
1:45-3:15pm	Free Time, Massage, Saunas
	Ashram/LOTUS Tour (Saturday only)
3:45-5:30pm	Program Lecture
5:30-6:15pm	Dinner
7:30-9:30pm	Evening Program (other than Saturday)
7:30-8:00pm	Kirtan- Chanting of sacred sounds (Saturday only)
8:00-10:00pm	Satsang- Program with a video of Sri Swami Satchidananda and a talk often by the program's presenter. (Saturday only)

Departure Day:

6:00am	Wake-up
6:20-7:20am	Morning Meditation
7:30-8:45am	Hatha Yoga Class
8:30-9:25am	Breakfast
9:45-11:15am	Program Lecture
11:15-11:30am	Evaluations
12:00-12:30pm	Meditation at LOTUS
12:45-1:30pm	Lunch
2:00 pm	Check Out of Room

Have a safe drive home.

Most program end on Sunday. People leave after lunch, checking out of their rooms by 2:00 p.m. In the event the program you're participating ends on another day than Sunday, please refer to the schedule you will be given from the Program Department during registration on the arrival day. The schedule above is a tentative schedule and is offered only as an example of what you can expect during your stay here.