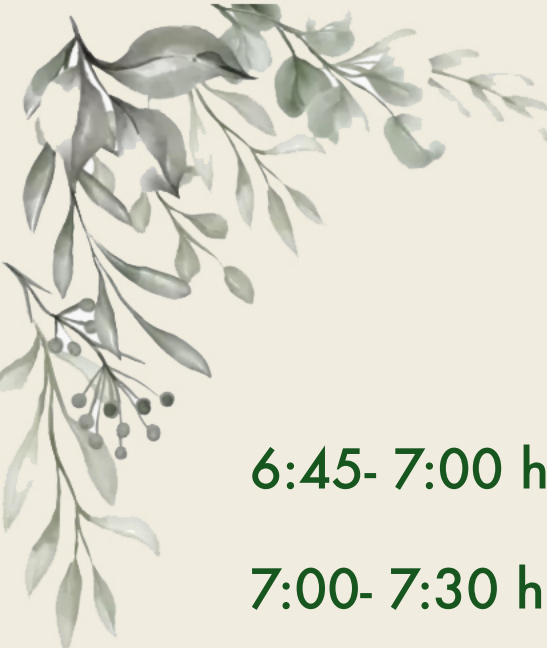




6:45- 7:00 hrs

7:00- 7:30 hrs

7:40- 8:00 hrs

8:00- 9:30 hrs

9:30- 10:30 hrs

10:30- 11:00 hrs

11:00- 13:30 hrs

13:30- 15:00 hrs

15:00- 16:30 hrs

16:30- 17:00 hrs

17:00- 17:30 hrs

17:30- 18:30 hrs

18:45 hrs

Arrival at Atman

Guided Meditation

Pranayama

Yoga Practice

Breakfast

Free Time

Discussion

Lunch Break

Cultural Immersion

Nature Walk

Meditation

Yoga Flow

Program Closes

