



## Guru Poornima Daily Timetable

### Monday 7<sup>th</sup> July

|        |                                  |
|--------|----------------------------------|
| 2.00pm | Arrival                          |
| 5.00   | Meditation                       |
| 5.30   | Shiva Chanting & Hanuman Chalisa |
| 6.00   | Dinner                           |
| 7.00   | Evening program – kirtan         |

### Tuesday to Wednesday

|               |   |
|---------------|---|
| 6.00 – 6.45am | Morning Class & Morning Chanting  |
| 7.00 – 8.00   | Guru Havan – Guru Stotram, Shanti Mantras, 11 Mahamrityunjaya, 108 Guru Gayatri |
| 8.00          | Breakfast   |
| 8.30 – 9.00   | Karma Yoga Morning Cleaning   |
| 9.30 – 10.30  | Karma Yoga  |
| 11.00         | Guru Vandana & Guru Kirtan  |
| 11.30         | Morning Tea   |
| 12.00         | Yoga Nidra  |
| 12.30pm       | Lunch & lunch clean up  |

Lunch & Dinner Clean Up - please offer your service for all meals

|             |  |
|-------------|--|
| 2.00        | Afternoon Tea  |
| 2.30 – 4.30 | Karma Yoga   |
| 4.30 – 5.15 | Personal Japa – Silence                                |
| 5.30        | Meditation – Ajapa Japa So Ham                         |
| 6.00        | Dinner & Dinner Clean Up                               |
| 7.00        | Evening Program Kirtan & Video Satsang/sharing stories |

### Thursday – Guru Poornima

|               |  |
|---------------|--|
| 6.30 – 7.30am | Morning Class – 3 mantras  |
| 8.00          | Breakfast  |
| 8.30 – 9.30   | Morning cleaning and Havan preparations                          |
| 9.30          | Guru Havan – Mandala of Remembrance                              |
| 11.30         | Morning Tea  |
| 12.00         | Yoga Nidra   |
| 12.30         | Lunch & Lunch Clean Up – please offer your service for all meals |

May the blessings of the Guru's grace, serenity, humility and dedication  
be with you life after life

Please remain on Mouna – Silence from after the last evening program until after breakfast  
washup of dishes