

# Navaratri

21 Sep – 1 Oct 2025



## 21 September

2.00 – 4.00pm	Arrival
6.00	Dinner
7.00	Evening program

## 22 September

6.00am	Salute to the Sun & Pranayama
6.30	Havan: Saundarya Lahari & Devi Gayatri Mantras
8.00	Breakfast
8.30 – 9.00	Cleaning Karma Yoga for all
10.00	Bhajan Chanting with Sw. Muktimurti
11.30	Morning Tea
12.00	Yoga Nidra
12.30pm	Lunch

Lunch clean up – please volunteer

2.00	Afternoon Tea
2.30	Sri Saundarya Lahari – 22 <sup>nd</sup> September

**2.30 – 22 Sep** Sri Saundarya Lahari – yantra & mantra

2.30 Karma Yoga – 23 September

4.00 Durga Path

5.15 Session and Tree Puja

6.00 Dinner

Dinner clean up – please volunteer

7.15/30 Evening program kirtan/bhajan

**Final Day Celebration program to be decided**