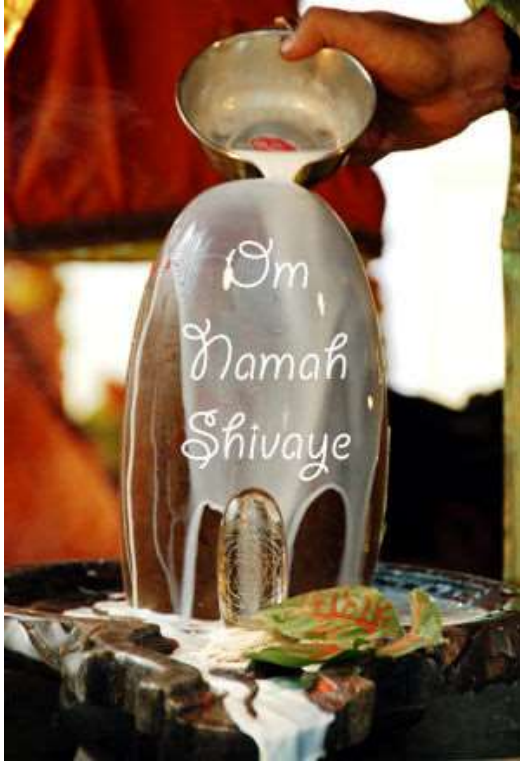


Shivaratri Program

18 – 19 February 2023



Saturday

- 4.30pm Arrive
- 5.30 Yoga Session & Meditation
- 6.30 Dinner
- 8.00 Kirtan & Bhajan
- 11.30 Havan & 1008 Om Namah Shivay

Sunday

- 6.30am Morning Class
- 7.30 Morning Chanting

- 8.00 Breakfast
- 8.30 – 9.00 Karma Yoga
- 9.30 Karma Yoga
- 11.30 Morning Tea
- 12.00 Yoga Nidra
- 12.30pm Lunch

Hari Om Tat Sat