

Navaratri

14 – 24 October 2023



Saturday

2.00 – 4.00pm	Arrival
5.30	Havan
6.30	Dinner

Sunday to the 24th

6.00am	Salute to the Sun & Pranayama – own practice
6.30 – 7.30am	Saundarya Lahari & Devi Gayatri Mantra & Havan With Sw. Dayasagar
8.00	Breakfast
8.30	Cleaning Karma Yoga for all
9.30	Bhajan Chanting with Sw. Muktimurti
11.30	Morning Tea
12.00	Yoga Nidra
12.30pm	Lunch
Lunch clean up – please volunteer	
2.30	Karma Yoga
3.30	Afternoon Tea
4.00	Durga Path
5.15	Session and Tree Puja with Sw. Sumitrananda
6.00	Dinner
Dinner clean up – please volunteer	
7.15/30	Evening program kirtan/bhajan with Sw. Dayasagar

Final Day Celebration program to be decided