

Time (PST)	Friday	Saturday	Sunday	Monday		
6:45 - 7:00		Movement	Movement	Movement		Optional
7:00 - 7:30						Required
7:30 - 8:00		Break	Break	Break		
8:00 - 8:30		Meditation	Meditation	Meditation		
8:30 - 9:00		Lecture 2	Lecture 4	Lecture 6		
9:00 - 9:30						
9:30 - 10:00		Break	Break	Break		
10:00 - 10:30		Discussion	Discussion	Reflections		
10:30 - 11:00						
11:00 - 11:30		Workshop	Workshop	Closing		
11:30 - 12:00						
12:00 - 12:30		Break	Break			
12:30 - 1:00		Chai Chats / Games	Chai Chats / Games			
1:00 - 1:30						
1:30 - 2:00		Rest & Reflection	Rest & Reflection			
2:00 - 2:30						
2:30 - 3:00		2:45 - Bhajans	2:45 - Bhajans			
3:00 - 3:30		Bhajans	Bhajans			
3:30 - 4:00		Meditation	Meditation			
4:00 - 4:30		Lecture 3	Lecture 5			
4:30 - 5:00						
5:00 - 5:30	Ice Breakers					
5:30 - 6:00	Opening Ceremony	Evening Activity	Evening Activity			
6:00 - 6:30	Lecture 1					
6:30 - 7:00						
7:00 - 7:30	Games					
7:30 - 8:00	Games					