	Saturday, Aug 2	Sunday, Aug 3	Monday, Aug 4	Tuesday, Aug 5	Wednesday, Aug 6	Thursday, Aug 7	Friday, Aug 8
6:00 - 7:00		Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice
		Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike
7:00 - 7:20		Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers
7:30 - 8:20		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:30		Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation
9:30 - 10:30		Lecture	Lecture	XXXXXXX	Lecture	XXXXXXX	Lecture Week One Conclusion
9:30 - 9:50		XXXXXXX	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX
10:00 - 10:50		XXXXXXX	XXXXXXX	J & G	XXXXXXX	J & G	XXXXXXX
10:30 - 10:50		Contemplative Walk	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk
11:00 - 11:50		Exercises for Joints & Glands (J&G)	HYT Asana	HYT Asana	HYT Asana	HYT Asana	HYT Asana
11:00 - 12:30		Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana
12:00 - 2:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:40 - 2:50		Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study
2:00 - 2:50		Guided Relaxation	NadiShodhana	Restortive Yoga	Asana workshop	Asana worksh\op	Kirtan
3:00 - 3:50		Intro Yoga: Art of Awareness	Anatomy of Breath	Sequence of J & G	Refine Breath: Cleanse, Nourish, Balance	Practice of Asana	Asana and It's Sequence
		Proper sitting for Meditation	Yoga Sutras	Yoga Sutras	Yoga Sutras	Yoga Sutras	Yoga Sutras - Conference Conclusion
4:00 - 4:50		Systems of Personality	Yoga Nidra	Intro Systematic Relaxation	Yoga Ethics	Manas (Mind) & Emotions	Anatomical relationships in Asana
		Yoga of Love	What is meditation and what is not	ТВА	Balancing Breath & Meditation	ТВА	ТВА
5:30 - 6:00	Orientation	Anatomy/Awareness of Asana	Diaphragmatic Breathing	Sequence for Meditation in the HYT	Sequence of Integrated Practice in HYT	Mantra & the Mind	Yoga Kriya - Intro to Cleansing Practices
6:00 - 7:30 P	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30 - 8:30 P	Lecture	Yoga Sutras	Phylosophy of Hatha Yoga	Yoga Sadhana	Spirituality in HYT	Kirtan	The Structure and Function of Mind
8:30 - 9:20 P	Intro to Yoga in the HYT	Practicum for Meditation - BASICS	TTP Foundational Studies	Yoga Sadhana	Spirituality in HYT	What is and what is not Meditation	The Structure and Function of Mind
9:20 - 9:30 P	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers
	Saturday, Aug 9	Sunday, Aug 10	Monday, Aug 11	Tuesday, Aug 12	Wednesday, Aug 13	Thursday, Aug 14	Friday, Aug 15
6:00 - 7:30	Personal Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice
		Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike
7:00 - 7:20		Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers
7:30 - 8:20	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:30	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation
9:30 - 10:30		Lecture	Lecture	XXXXXXX	Lecture	XXXXXXX	Lecture Week Two & TTP Conclusion
9:30 - 9:50		XXXXXXX	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX
10:00 - 10:50		XXXXXXX	XXXXXXX	J&G	XXXXXXX	J&G	XXXXXXX
10:30 - 10:50		Contemplative Walk	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk
11:00 - 11:50		Asana HYT	Asana HYT	Asana HYT	Asana HYT	Asana HYT	ТВА
11:00 - 12:30		Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana
12:00 - 2:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<u>1:40 - 2:50</u>	Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study
2:00 - 2:50		Intro Systematic Relaxation	5 Pillars of Sadhana	Balancing Breath & Meditation	Yoga of Love	Incorrating Meditation into Life	The Art of Devotion
3:00 - 3:50	Self Study/Free Time	Methodology - Practice Teaching Skills	Methodology - Kabalabati	Practice Teaching - J & G	Practice Teaching, NadiShodhana	Practice Teaching, Relaxation, Variations	Practice Teaching, 2 Min Meditation
4:00 - 4:50	Self Study/Free Time	Yoga Psychology Practice Teachng - Diaphragmatic Breath	Yoga Sutras TBA	Yoga Sutras Practice Teaching - J & G	Yoga Sutras TBA	Yoga Sutras Practice Teaching, Asana	Yoga Sutras - Conference Conclusion Practice Teaching, Basic Med Sequence
4:00 - 4:50	Self Study/Free Time			, , , , , , , , , , , , , , , , , , ,		3,	3,
		Major Texts of Himalayan Tradition	TBA	Food Sadhana	TBA	Sanskrit: Revelation of the gods	Yoga Nidra
<u>5:00 - 5:50</u>	Self Study/Free Time	Practice Teachng - 3 Aspects of Breath Silence & Contemplative Walking	Progression of cleansing practices	Practice Teaching - 6 Steps in Asana Systematic Meditation	Practice Teaching, Relaxation	Practice Teaching, Asana Manas (Mind) & emotions	Conclusion & Summary TBA
5:30 - 6:00	Orientation	· · · · · · · · · · · · · · · · · · ·	Kundulini and Chakras Dinner	Dinner	Nada Yoga Dinner	· · · · · · · · · · · · · · · · · · ·	
6:00 - 7:30 P	Dinner	Dinner	Holistic Health			Dinner	Dinner
7:30 - 8:30 P 8:30 - 9:20 P	Lecture Introduction to HYT	Yoga Sutras Practice Teaching - Meditative Asanas	Holistic Health	Yoga Philosophy Yoga Philosophy	Yoga Practices/Use in Therapy Settings Yoga Practices/Use in Therapy Settings	Kirtan Kirtan	
9:20 - 9:20 P	Evening Prayers	Evening Prayers			Evening Prayers		
9.20 - 9:30 P	Evening Prayers		Evening Prayers	Evening Prayers		Evening Prayers	
	Color Codes:	TTP Sessions	Meditation	Yoga Sutras			
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		The schedule is subject to change.			J L		

	Saturday, Aug 16	Sunday, Aug 17	Monday, Aug 18	Tuesday, Aug 19	Wednesday, Aug 20	Thursday, Aug 21	Friday, Aug 22
6:00 - 7:00		Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice
0.00 1.00		Meditative Hike	Meditative Hike	Meditative Hike	Meditative Hike	Meditative Hike	Meditative Hike
7:00 - 7:20		Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers
7:30 - 8:20		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:30		Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation
9:30 - 10:30		Lecture	Lecture	XXXXXXX	Lecture	XXXXXXX	Lecture Week Three Conclusion
9:30 - 9:50		XXXXXXX	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX
10:00 - 10:50		XXXXXXX	XXXXXXX	J & G	XXXXXXX	J&G	XXXXXXX
10:30 -10;50		Contemplative Walk	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX	Contmplative walk
11:00 - 11:50		Joints & Glands Exercises(J&G)	Asana HYT	Asana HYT	Asana HYT	Asana HYT	Asana HYT
11:00 - 12:30		Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana
12:00 - 2:00	-	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00 - 2:50		Silence & 4 Functions of Mind	Silence & Primitive Urges	Silence & Inner Dialogue	Yoga, Emotions & Silence	Silence & Spirituality	Wrap-up: Coming out of Silence
2.00 - 2.00		Deep Conscious Relaxation	Refining Breath Awareness	Art & Science of J & G exercises	Art of Relaxation in HYT. Practicum	Refinements in Breath Awareness	Theory & Practice of Meditation in HYT
3:00 - 3:50		Science of Breath in HYT	Yoga Sutras		Yoga Sutras	Yoga Sutras	Yoga Sutras - Conference Conclusion
3.00 - 3.50	-	Hows of Silence; J & G	Syst of Movement in Awareness-J&G	Yoga Sutras Intro Systematic Relaxation	Refining Breath: Cleansing:Kapalabhati	The Structure and Function of Mind	Sequencing the Integrated Practice
4:00 - 4:50	-	Holistic Health					Avurveda - Conference Conclusion
4:00 - 4:50			TBA TBA	Yoga of Love Sequence for Meditation in the HYT	TBA TBA	Manas (Mind) & emotions	
5:30 -6:00	Orientation	Anatomy/Awareness of Asana Avurveda	Avurveda	Four Functions of the Mind	Avurveda	Refining Breath: Nourishing-Bastrika Avurveda	Yogi in the Lab Conference Conclusion & Summary
5.50 -0.00	Unentation	Theory & Practice of Meditation	Diaphragmatic Breathing	Philosophy of Hatha Yoga	Breath Awareness & Meditation	Meditation with Mantra	TBA
6:00 - 7:30	Dinner	Dinner	Diapriraginatic Breating	Dinner	Dinner	Dinner	Dinner
			Biofeedback-Studies of Swami Rama			Kirtan	Kirtan
7:30 - 8:30	Intro to Yoga in the HYT	Yoga Sutras		Auyroveda	Sanskrit: Revelation of the gods		
8:30 : 8:45	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers
8:45 - 9:30		Journaling & Integration	Journaling & Integration	Journaling & Integration	Journaling & Integration	Journaling & Integration	Journaling & Integration
	Saturday, Aug 23	Sunday, Aug 24	Monday, Aug 25	Tuesday, Aug 26	Wednesday, Aug 27	Thursday, Aug 28	Friday, Aug 29
6:00 - 7:00		Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice	Integrated Personal Practice
		Meditative Hike	Meditative Hike	Meditative Hike	Meditative Hike	Meditative Hike	Meditative Hike
7:00 - 7:20		Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers
7:30 - 8:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:30		Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation
9:30 - 10:30		Lecture	Lecture	XXXXXXX	Lecture	XXXXXXX	Lecture
9:30 - 9:50				Contemplative Walk		Contemplative Walk	XXXXXXX
10:00 - 10:50		XXXXXXX	XXXXXXX	J & G XXXXXXX	XXXXXXX	J & G XXXXXXX	
10;30 - 10:50 11:00 - 11:50		Contemplative Walk	Contemplative Walk	Asana HYT	Contemplative Walk	Asana HYT	Contemplative walk Asana HYT
11:00 - 12:30		Progressive HYT Asana	Diaphragmatic Breathing/Awareness Progressive HYT Asana	Progressive HYT Asana	Asana Analysis: Practicum Progressive HYT Asana	Progressive HYT Asana	Asana HY I Progressive HYT Asana
12:00 - 2:00	-		Lunch	Lunch		Lunch	Lunch
2;00 - 2:50		Silence & 4 Functions of Mind	Silence & Primitive Urges	Silence & Inner Dialogue	Subtle Body & Silence	Integrating Silence into Daily Life	Wrap-up: Coming out of Silence
2,00 - 2.00		Intro Systematic Relaxation	Sequence of J & G, Practicum	Refining/Balancing:Nadi Shodhana	Anatomical relationships in Asana	Subtle Body Yoga, Pract Deep Relaxation	Meditation in Daily Life
3:00 - 3:50			Breath of Life				Yoga Sutras - Conference Conclusion
5.00 - 5.00		Yoga Sutras Meditation Practicum - BASICS	5 Pillars of Sadhana	Yoga Sutras Meditation Method of the HYT	Yoga Sutras Science of Breath in Yoga Tradition	Yoga Sutras Meditation in Action	Concentration, the Executive Tool
4:00 - 4:50		Spirituality in HYT	TBA	Minding the Mind in Yoga	TBA	Yoga of Love	Ayurveda - Conference Conclusion
4.00 - 4.50		Ayurveda	TBA	Asana Analysis I: Practicum	TBA	Contemplative Walking	Ayurveda - Conference Conclusion The Art of Devotion
5:30 - 6:00	Orientatiion	Yoga Psychology	Yoga Kriya, 6 Cleansing Practices	Major Texts of Himalayan Tradition	Kundalini & Chakras	Nada Yoga	Conclusion & Summary
5.50 - 0.00	Onentatiion	Hows of Silence; J & G	Silence & Contemplative Walking	Systematic Meditation	Art of Awareness - Ayurveda	Philosophy of Hatha Yoga	Prayers
6:00 - 7:30 P	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30 - 8:30 P	SVB, Lecture	Kirtan	Yoga Sutras	Holistic Health	Sanskrit: Revelation of the gods	Vedic Astrology	
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8:30 - 8:45 P	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	-
8:45 - 9:30		Journaling & Integration	Journaling & Integration	Journaling & Integration	Journaling & Integration	Journaling & Integration	+
Ed. Tracks	Meditation	Ayurveda	Yoga Sutras	Silence			+
		The schedule is subject to change	+	+			
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