



Day 1: Sunday, August 30th – Arrival Day

Arrival time is from 15:00 onwards. This day is dedicated solely to settling in, unpacking, and preparing yourself for the transformative journey ahead. There are no scheduled activities, giving you time to relax and familiarize yourself with the space.

Day 2: Monday, August 31

Time	Activity
07:00 - 08:00	Opening Circle
08:00 - 09:00	Vinyasa Yoga Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Bhakti Yoga Philosophy: The Nine Limbs
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Sacred Sound & Mantra
16:30 - 17:30	Practice / Self-Study Time
17:30 - 19:00	Sound Bath
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Day 3: Tuesday, September 1

Time	Activity
07:00 - 07:30	Meditation / Mantra Chanting
07:30 - 09:00	Vinyasa Yoga Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Bhakti Yoga Philosophy: Dualism & Nondualism
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Art of Kirtan
16:30 - 17:30	Practice / Self-Study Time
17:30 - 19:00	Kirtan
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off



Day 4: Wednesday, September 2

Time	Activity
07:00 - 07:30	Meditation / Mantra Chanting
07:30 - 09:00	Vinyasa Yoga Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Bhakti Yoga Philosophy: Hindu Mythology & Devotional Poetry
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Voice Workshop
16:30 - 17:30	Practice / Self-Study Time
17:30 - 19:00	Yin with Mantra
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Day 5: Thursday, September 3 – Day Off

On the day off, you will have the opportunity to relax and explore the beautiful island. This is your time to unwind, discover local attractions, and enjoy the natural surroundings at your own pace. Whether you choose to visit the beach, hike scenic trails, or indulge in local cuisine, make the most of this day to rejuvenate and immerse yourself in the island's charm.

Day 6: Friday, September 4

Time	Activity
07:00 - 07:30	Meditation / Mantra Chanting
07:30 - 09:00	Vinyasa Yoga Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Bhakti Yoga Philosophy: Bhakti in the <i>Bhagavad Gita</i>
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Harmonium & Music Theory
16:30 - 17:30	Altar Creation
17:30 - 19:00	Community Kirtan
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off



Day 7: Saturday, September 5

Time	Activity
07:00 - 07:30	Meditation / Mantra Chanting
07:30 - 09:00	Vinyasa Yoga Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Bhakti Yoga Philosophy: Living & Sharing Bhakti
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Ecstatic Dance
16:30 - 17:30	Practice / Self-Study Time
17:30 - 19:00	Closing Circle Kirtan
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Day 8: Sunday, September 6 – Departure Day

Departure is scheduled until 12:00 on the last day. This time is reserved for packing, saying goodbyes, and taking a moment to reflect on your experience. No activities are planned, allowing you a peaceful transition as you prepare for your journey home.

***Please note that the schedule may be subject to some adjustments**