

**Yoga Retreat - Jan 26th - 28th, 2024  
Abhyudaya Center, Willowbrook, IL**

Time	Activity	Time	Activity	Time	Activity
Dates: Jan 26 Friday Evening	Lighting of the lamp Swamiji's message	Dates: Jan 27 Saturday	Learn Sivananda beginner asana sequence Pranayam- Kapalbhathi, Anulom vilom, Bhramari An overview of Patanjali's Ashtanga	Dates: Jan 28h Sunday	Learn Sivananda beginner asana sequence, Pranayam- Kapalbhathi, Anulom vilom, Bhramari Patanjali's Ashtanga - 8 limbs overview contd. Conclusion
		5.30Am	Wake-up	5.30Am	Wake-up
		6.00 - 6.45am	Satsang with Swami ji Talk and guided meditation	6.00 - 6.45am	Satsang with Swami ji Talk and guided meditation
		6.45 - 7.15am	Tea break	6.45 - 7.15am	Tea break
		7.30 - 9.00Am	Pranayam and Asana Class	7.30 - 9.00Am	Pranayam and Asana Class
		9.15 - 10.00AM	Silent Reflection	9.15 - 10.00AM	Silent Reflection
		10.00Am - 11Am	Pranayam Better breathing principles Posture / Asana for better breathing Breath & Mind connection Pranic Layer - bridge between Physical and Mental layers	10.00Am - 11Am	Pranayam - Contd Better breathing principles Posture / Asana for better breathing Breath & Mind connection Pranic Layer - bridge between Physical and Mental layers
		11.00 - 11.45am	Chant Bhagavad Gita Ch 15 Lunch	11.00 - 11.45am	Chant Bhagavad Gita Ch 15 Lunch
		12.00 - 1.00Pm	Karma Yoga - 10 min Yajna spirit Seva - 40 min	12.00 - 1.00Pm	Karma Yoga - 10 min Yajna spirit Seva - 40 min
		1.00 - 2.00 PM Contemplative Practices	Contemplation Practices - Overview Attention & Concentration training Likhita Japa for single point concentration Choose your corner - continue silent japa Yoga Nidra	1.00 - 2.00 PM	Contemplation Practices -Contd Attention & Concentration training Likhita Japa -Bring single point concentration Choose your corner - continue silent japa Yoga Nidra
		2.00 - 2.30 PM	Satsang with Swamiji - Q&A	2.00 - 2.30 PM	Satsang with Swamiji - Q&A
		2.30 - 3.30 Pm	Lecture - Patanjali Yoga sutra Asana- 5 spinal movements Q & A	2.30 - 3.30 Pm	Review Reflect Next steps Conclusion
		3.30 - 4.00Pm	Tea and biscuit		
		4.00 - 5.30pm	Pranayam and Asana class		
6.00Pm	Lighting of the lamp by Swamiji Swamiji's message Light Dinner	6.00Pm	Ligh Dinner		
7 - 9.00Pm	Ice breaker Restorative yoga Yoga nidra	7 - 8.00Pm	*Bhajans & Chanting Arti		
10:00 PM	Lights Out	10:00 PM	Lights Out		