
Daily Schedule

Three Years Pranayama TTC

December 2016

15th December

9:00 AM -2:00 PM

Orientation

Pulse Check

Ayurvedic Jet Lag Massage (for those who need it)

3:00 PM - 4:00 PM

Inauguration

5:00 PM - 6:00 PM

Breath Diagnostics

6:00 PM- 7:00 PM

Guided Savasana

16th December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kuti)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Talk and Discussion (Evolution of Pranayama)

12:30PM - 1:30PM

Ayurvedic Lunch

1:30 PM -3:30 PM

Self Time and Herbal Tea

3:30 PM - 4:30 PM

Talk and Discussion(Respiratory System)

4:45 PM - 5:30 PM

Asanas

5:30 PM - 6 :30 PM

Pranayama Meditation Techniques

7:15PM

Dinner

17th December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kuti)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Talk and Discussion (Pranayama why and how)

12:30PM - 1:30PM

Ayurvedic Lunch

1:30 PM -3:30 PM

Self Time and Herbal Tea

3:30 PM - 4:30 PM

Talk and Discussion(Pranayama in General and Swami Kuvalayananda)

4:45 PM - 5:30 PM

Asanas

5:30 PM - 6 :30 PM

Pranayama Meditation Techniques

7:15PM

Dinner

18th December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kuti)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Talk and Discussion (Asanas as per Patanjali Yoga Sutras)

12:30PM - 1:30PM

Ayurvedic Lunch

1:30 PM -3:30 PM
Self Time and Herbal Tea

3:30 PM - 4:30 PM
Talk and Discussion(Scientific survey of yogic poses)

4:45 PM - 5:30 PM
Asanas

5:30 PM - 6 :30 PM
Pranayama Meditation Techniques

7:15PM
Dinner

19th December

5:00 AM
Wake up and herbal tea

6:00 AM - 6:45 AM
Kriyas

7:00 AM - 7:30AM
Isvar Pranidhan (At Swamiji's Kut)

8:00AM - 10:00AM
Pranayama Practice

10:00AM - 10:45AM
Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM
Talk and Discussion (Ayurveda, Samkhya, 5 elements, Doshas)

12:30PM - 1:30PM
Ayurvedic Lunch

1:30 PM -3:30 PM
Self Time and Herbal Tea

3:30 PM - 4:30 PM
Talk and Discussion (Doshas and Constitution)

4:45 PM - 5:30 PM

Asanas

5:30 PM - 6 :30 PM

Pranayama Meditation Techniques

7:15PM

Dinner

20th December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kut)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Talk and Discussion (Kriyas as per Hatha Pradipika)

12:30PM - 1:30PM

Ayurvedic Lunch

1:30 PM -3:30 PM

Self Time and Herbal Tea

3:30 PM - 4:30 PM

Talk and Discussion (Kriyas Continued)

4:45 PM - 5:30 PM

Asanas

5:30 PM - 6 :30 PM

Pranayama Meditation Techniques

7:15PM

Dinner

20th December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kuti)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Talk and Discussion (Kriyas as per Hatha Pradipika)

12:30PM - 1:30PM

Ayurvedic Lunch

1:30 PM -3:30 PM

Self Time and Herbal Tea

3:30 PM - 4:30 PM

Talk and Discussion (Kriyas Continued)

4:45 PM - 5:30 PM

Asanas

5:30 PM - 6 :30 PM

Pranayama Meditation Techniques

7:15PM

Dinner

21st December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kuti)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Talk and Discussion (Guest Lecture)

12:30PM - 1:30PM

Ayurvedic Lunch

1:30 PM -3:30 PM

Self Time and Herbal Tea

3:30 PM - 4:30 PM

Talk and Discussion (Guest Lecture)

4:45 PM - 5:30 PM

Asanas

5:30 PM - 6 :30 PM

Pranayama Meditation Techniques

7:15PM

Dinner

22nd December

5:00 AM

Wake up and herbal tea

6:00 AM - 6:45 AM

Kriyas

7:00 AM - 7:30AM

Isvar Pranidhan (At Swamiji's Kuti)

8:00AM - 10:00AM

Pranayama Practice

10:00AM - 10:45AM

Light Snack per Ayurvedic Recommendations

11:00AM - 12:15PM

Concluding Ceremony
