

Hari Om

## Vedanta Sadhaka Course 2021-2022

### Tentative Daily Schedule

|                   |                                                      |
|-------------------|------------------------------------------------------|
| 5:00 am           | Wake up bell                                         |
| 5:30 to 6:30 am   | Personal Sadhana, Yoga, Exercises, etc.              |
| 6:30 to 7:00 am   | Tea                                                  |
| 7:00 to 8:00 am   | Vedanta Session 1                                    |
| 8:15 to 9:00 am   | Breakfast                                            |
| 10:30 to 11:30 am | Sanskrit classes / Group Discussion / Video Sessions |
| 12:00 to 12:30pm  | Chanting                                             |
| 12:30 to 1:15 pm  | Lunch                                                |
| 4:00 pm           | Tea                                                  |
| 4:30 to 5:30 pm   | Vedanta Session 2                                    |
| 7:00 to 8:00 pm   | Satsang                                              |
| 8:00 to 9:00 pm   | Dinner                                               |