



Wednesday, May 7th – 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.

Thursday, May 8th - Day 1: SACRED SOUND*

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: 9 Limbs
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Sound, Sanskrit, Mantra
16:30 - 17:30	Practice / Self-Study Time
17:30 - 18:30	Gong Bath
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Friday, May 9th - Day 2: SHIVA*

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: Duality, Deities & Hindu Mythology
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Voice Workshop
16:30 - 17:30	Altar Creation
17:30 - 18:30	Community Kirtan
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off



Saturday, May 10th - Day 3: SEVA*

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: Seva, Community Service Project
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Harmonium & Kirtan 101
16:30 - 17:30	Practice / Self-Study Time
17:30 - 18:30	Yin Yoga with Mantras
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Sunday, May 11th - 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.

Monday, May 12th - Day 4: KRISHNA*

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 & Bhagavad Gita
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: History of Kirtan, Invocation, Maha Mantra
16:30 - 17:30	Practice / Self-Study Time
17:30 - 18:30	Kirtan
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off



Tuesday, May 13th - Day 5: SHAKTI*

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: Shakti & The Goddess
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Group Practice
16:30 - 17:30	Practice / Self-Study Time
17:30 - 18:30	Ecstatic Dance
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Wednesday, May 14th - Day 6: BHAKTI*

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: Devotional Poetry & Poetry as a Spiritual Practice
13:00 - 15:00	Lunch
15:00 - 16:30	Kirtan Theory Class: Bringing Bhakti into Your Practice, Offerings, Life
16:30 - 17:30	Practice / Self-Study Time
17:30 - 18:30	Kirtan (each student leads a chant)
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Thursday, May 15th - 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**