

Daily Schedule
Signature 3.5



From	To	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	5:30 AM		Gong-Alarm	Gong-Alarm	Gong-Alarm
5:30 AM	6:00 AM		Session 2 - Building Awareness	Session 7 - Flow	Session 12 - Nothingness/Shoon yata
6:00 AM	6:30 AM				
6:30 AM	7:00 AM		Activity/Personal Time	Activity/Personal Time	Activity/Personal Time
7:00 AM	7:30 AM				
7:30 AM	8:00 AM		Breakfast	Breakfast	Breakfast
8:00 AM	8:30 AM				
8:30 AM	9:00 AM		Theory and Practical Tips	Theory and Practical Tips	Session 13 - Yoga Nidra and MBSR
9:00 AM	9:30 AM		Personal Time	Personal Time	
9:30 AM	10:00 AM		Session 3 - Focus Awareness	Session 8 - Penetrate	Personal Time
10:00 AM	10:30 AM				Session 14 - Interactions/QnA
10:30 AM	11:00 AM				
11:00 AM	11:30 AM		Mid-Morning Snack	Mid-Morning Snack	Mid-Morning Snack
11:30 AM	12:00 PM		Theory and Practical Tips	Theory and Practical Tips	Return Digital Devices/Valuables
12:00 PM	12:30 PM		Personal Time	Personal Time	
12:30 PM	1:00 PM		Lunch-Rest	Lunch-Rest	Session 15 - Conclusions and Resolutions
1:00 PM	1:30 PM				Lunch-Rest
1:30 PM	2:00 PM				
2:00 PM	2:30 PM		Theory and Practical Tips	Theory and Practical Tips	Lunch-Rest
2:30 PM	3:00 PM		Session 4 - Scanning	Session 9 - Shed	
3:00 PM	3:30 PM				
3:30 PM	4:00 PM		High Tea - Rest	High Tea - Rest	
4:00 PM	4:30 PM	Orientation/Settling-In	Session 5 - Focussed Scan	Session 10 - Balancing Energy	
4:30 PM	5:00 PM				
5:00 PM	5:30 PM				
5:30 PM	6:00 PM		Rest	Rest	
6:00 PM	6:30 PM	Dinner			
6:30 PM	7:00 PM		Dinner	Dinner	
7:00 PM	7:30 PM				
7:30 PM	8:00 PM	Introductions and Getting Started	Satsang	Satsang	
8:00 PM	8:30 PM	Session 1 ~ Crossing the Threshold		Session 11 - Balancing Energy	
8:30 PM	9:00 PM				
9:00 PM	9:30 PM		Session 6 - Flow	QnA 1:1	QnA 1:1
9:30 PM	10:00 PM	Retire-Lights Out	Retire-Lights Out		
10:00 PM	10:30 PM				
			Signature	Sessions / Consults	Food / Rest

NOTES

Ayurvedic Treatments: Based on age, body constitution, strength, metabolism, physical conditions, climatic conditions etc. Will be planned individually during sessions

Yoga: Will be planned individually during sessions. Attempt will be made to support the meditation sessions.

Cuisine: A 6-course meal plan through the day has been carefully planned and curated. The spread spans recipes from Continental, Kerala, Karnataka and Rajasthan. This course includes carefully crafted herbal concoctions in between sessions to boost vitality and improve mood. Menus are alkaline leaning and low on refined sugar and gluten. Portion control is encouraged as part of the philosophy during Retreats to support meditation and sleep cycles.