



# Bhakti Yoga Sadhana Weekend

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Satchidananda Ashram–Yogaville • Jul 1 – Jul 4

\*All sessions are in **Samadhi** classroom  
unless otherwise specified

## FRIDAY

2-5	pm	Registration
5:00–6:30		Integral Yoga Hatha- Mixed Level with
5:30 - 6:30		Kirtan with the Ashram
6:30–7:30		Dinner
<b>7:30–8:00</b>		<b>Orientation</b>
<b>8–9:30</b>		<b>The Path of the Bhakta, Kirtan Lullabies</b> with Narada

## SATURDAY

6–6:40am		Guided Meditation with Ranjani Alma
		Meditation with Staff
6:50–8:20		Integral Yoga Hatha –
		Integral Yoga Hatha –
8:30–9:30		Breakfast
<b>10–11</b>		<b>Enlightening Tales</b> with Swami Hamsananda
11:45		Vans to Kailash
<b>12–12:30</b>	pm	<b>Shiva Puja</b> Kailash
12:45–1:30		Lunch
<b>2–3:30</b>		<b>Mantra and Puja</b> with Gita
4:00–5:30		<b>Group Restorative Yoga</b> with Zac and Narada
5:30–6:15		Dinner
<b>7-9:30</b>		<b>Satsang (gathering of the seekers of Truth)</b>
		<b>Extended Kirtan (Chanting)</b> with Narada & Ashram
		<b>Video of Swami Satchidananda</b>
		<b>Discussion: Bhakti in to Jnana Yoga</b> with Nataraj

## SUNDAY

6-6:40	am	Guided Meditation with Ranjani Alma Gayatri Japa? with Staff	
6:50-8:20		Integral Yoga Hatha – Mixed Level with Malati	
or			
7:45		Vans leave for Chidambaram	
8-8:45		Guru Puja	Chidambaram
8:30-9:30		Breakfast	
<b>9:45-11:30</b>		<b>Faith and Bhakti</b> with Mataji	
11:45		Van to LOTUS	
12-12:30	pm	Meditation at LOTUS	
12:45-1:30		Lunch	
2:30		Van to Kailash	
<b>2:45-3:30</b>		<b>Japa; 108 Maha Mrityunjaya Mantra</b>	Kailash
5:30-6:30		A Journey Through the Koshas: Yoga Nidra	
6:30-7:15		Dinner	
<b>7:30-9</b>		<b>Homa: Fire Ceremony</b> Sankirtan	Kailash

## MONDAY

6-6:40	am	Guided Meditation with Ranjani Alma Meditation with Staff	
6:50-8:20		Integral Yoga Hatha – Integral Yoga Hatha –	
8-9		Breakfast	
<b>9:15-10:45</b>		<b>Your Home is Your Ashram</b> with Narada	
11-12:30		Evaluations, Sharing Circle, Meditation	
12:45-1:30	pm	Lunch	
2:00		Check out	

*\*OPTIONAL Stay another night, Go Kayaking/Tubing with RiverScapes  
and/or Join in Ashram Holiday Festivities in the Quad*