

## APRIL SCHEDULE

APRIL SCHEDULE			
<b>Saturday April 6</b>			
	8:00 am	Course meditation	Student
	8:15 am	Small Group Check-In	
	8:45 am	Practicum 2	
	10:15 am	Break	
<b>SMALL GROUP SESSION 3</b>	10:30 am	Topic Review/Practice Teach/Activity (30 minutes on Rhake Rhakenahar)	
	11:00 am	Large Group Check-in	
	12:00 pm	End	
<b>Saturday</b>			
<b>Deep Dive Weekend</b>	7:00 am	Course Meditation	Student
	7:15 am	Intro to Mind & Meditation: Seating Yourself for Meditation, Types of Meditation; mudras, drishtis, sacred timing	Siri Kaur
	8:45 AM	Break	
	9:00	Intro to Mind & Meditation: The Three Functional and Impersonal Minds	Amrit
	11:00 am	31 Min Meditation - Laya yoga & layout	Amrit
	11:45	Q&A	Amrit
	12:00	End	
<b>Sunday</b>			
	5:30 am	Sadhana	
<b>Deep Dive Weekend</b>	8:30am	Course Meditation	Student
	8:45 am	Mind & Meditation II: Cycle of Intellect	Nirvair
	10:15	Break	
	10:30	Mind & Meditation I: Western View of the Mind	Nirvair
	11:15	Immersion Experience: Kirtan Kriya 31 min	Sat Siri
	12:00 pm	END	
	HOME STUDY	Intro to Sodarshan Video	
<b>INDEPENDENT TIME/ RECORDED CONTENT</b>		Demo Practicum 6: Kriya for Disease Resistance and Healing with Siri Gaitri Mantra	
		Yogic Lifestyle: PT 3	Guruwant
		PRACTICUM DEMO 7: Foundation for Infinity	
<b>Saturday April 27</b>			
	8:00 am	Course meditation	Student
	8:15 am	Practicum 3	
<b>SMALL GROUP</b>	9:45 am	Break	
	10:00 am	Masculine/Feminine Gender Discussion	Vedya
	11:30 am	Small Group Check in	
	12:00 pm	End	