

## JUNE SCHEDULE

<b>Saturday June 1</b>			
	7:00 am	Meditation	Matt
	7:15 am	Divine Alignment & Q&A	SatSiri
	8:15 am	Divine Alignment & Q&A	SatSiri
	9:45 am	Break	
	10:00 am	Immersion Experience. 62 min Kirtan Kriya + Layout	SatSiri
	11:30 am	Applied settings	Manjeet Shanti
	12:00	End	
<b>Sunday June 2</b>			
	5:30 am	Sadhana	Zeynep & Inderjot
	8:30 am	Meditation	Robin
	8:45 AM	Large group check-in	SatSiri
	10:15 AM	Break	
	10:30 am	A&P Awakening of the kundalini/nadis/ida pingala etc	Inderjot
	12:00 pm	End	
INDEPENDENT TIME/ RECORDED CONTENT	HOME STUDY		
		A&P Nadis and Vayus	Guruwant
		Chapter of Relaxation	Guruwant
		Demo practicum 10. Lungs, Magnetic Field, and Prep for Deep Meditation	
		Demo Practicum 11: Stress Set for Adrenals & Kidneys and Meditation for Emotional Balance Sunia(n) Antar	
		Demo Practicum 12: Awakening the 10 Bodies with Laya Yoga Meditation	
<b>Saturday June 8</b>			
	8:00 am	Course meditation	Bailey
	8:15 am	Practicum 5	
<b>SMALL GROUP</b>	9:45 am	Break	
	10:00 am	Review of Relationship between Kundalini Yoga & Sikh Dharma	Vedya Amrita
	11:30	Small group check in	
	12:00 pm	End	