

Saturday May 11			
	8:00 am	Course meditation	Celine
	8:15 am	Practicum 4	
	9:45 am	Break	
	10:00 am	Diversity and Inclusion	Vedya Amrita
SMALL GROUP SESSION	11:30 am	Small Group Check in	
	12:00 pm	End	
Saturday May 18			
	7:00 am	Meditation	Victoria
	7:15 am	Complete Ong Namō	Amrit
	7:45 am	Spiritual Teacher + kriya and meditation	Amrit
	9:15 am	Break	
	9:30 am	History & Philosophy: Yogi Bhajan & Golden Chain	Amrit
	10:30 am	Kundalini Yoga and Sikh Dharma + Q & A	Amrit
	12:00 pm	End	
Sunday May 19			
	5:30 am	Sadhana	Hari Sant & Amit
	8:30 am	Meditation	Gianfranco
	8:45 AM	Pranayama: PT II	SatSiri
	9:45 am	Immersion Experience: Sodarshan 31 min	SatSiri
	10:45	Break	
	11:00	Applied – Prosperity Tech	Hari Sant
	12:00 pm	END	
INDEPENDENT TIME/ RECORDED CONTENT	HOME STUDY	Demo Practicum 8 : Surya Kriya and Divine Shield Meditation	

		Demo Practicum 9: Healthy Bowel and Prosperity II	
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