



AGENDA 11-13 November 2022

FRIDAY

15,00 – 16,30	SESSION 1
16.45 – 18.00	SESSION 2
18,30	DINNER
20,00 – 20,45	SESSION 3

SATURDAY

7,00 – 7,30	SPACE FOR MORNING SADHANA (optional)
7,45– 9,00	SESSION 4 : PRANAYAM
9,15 – 10,15	SESSION 5
10,30	BRUNCH
11,45 – 13,00	SESSION 6
13,00 – 15,00	RESTING TIME
15,00	TEA / SNACK
15,30 - 16,45	SESSION 7
17,00 – 18,15	SESSION 8
18,30	DINNER
20,00 – 20,45	SESSION 9

SUNDAY

7,00 – 7,30	SPACE FOR MORNING SADHANA (optional)
7,45– 9,00	SESSION 10 : PRANAYAM
9,15 – 10.15	SESSION 11
10,30	BRUNCH
11,45 – 13,00	SESSION 12
13,00 – 13,30	RESTING TIME
13,30 – 15,00	SESSION 13