



PRANA-MANTRA-TANTRA HEALING THERAPIST LEVEL-I

12 Days Residential Workshop

May 17th - May 28th, 2020

May 16, 2020 after 12:00 pm we can provide accommodation to participants and May 29, 2019 will be the checkout day.

DAILY SCHEDULE

Date	Time	Program Schedule
17th May	7:00 am to 8:00 am	Yoga, Pranayama, and Mantra Chanting
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Introduction & Healing Workshop
	12:30 pm to 2:00 pm	Lunch and Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Mantra Music
	5:30 pm to 6:00 pm	Self Realization Meditation
	6:00 pm to 7:00 pm	Group Discussion
	8:00 pm	Dinner Time

18th May	7:00 am to 8:00 am	Yoga & Om Meditation
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch & Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Receive Prana energy with Music
	5:30 pm to 6:00 pm	Nada Meditation
	6:00 pm to 7:00 pm	Sharing Experience & Feelings
	8:00 pm	Dinner Time

19th May	7:00 am to 8:00 am	Yoga, Pranayama, and Breathing Meditation
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch n Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Dance with Mantra Music
	5:30 pm to 7:00 pm	Meditation with making Mandala
	8:00 pm	Dinner Time

20th May	7:00 am to 8:00 am	Yoga and Meditation
	8:00 am to 9:00 am	Breakfast
	9:30 am to 5:00 pm	Sight visit

		<ul style="list-style-type: none"> * Bhagsu Nag Temple * Bhagsu Nag Waterfall * Namgyal Monastery (Dalai Lama Temple) * Norbulingka * Gyuto Tantrik Monastery * St. John Church
	8:00 pm	Dinner Time

21nd May	7:00 am to 8:00 am	Yoga Asana and Pranayama
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch n Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Mantra Music for Soul
	5:30 pm to 6:00 pm	Meditation
	6:00 pm to 7:00 pm	Group Discussion
	8:00 pm	Dinner Time

22nd May	5:00 am to 8:00 am	Nature Walk (Dharamkot & Galhu)
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch and Rest time
	2:00 pm to 3:30 pm	Healing Workshop

	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Sound Healing
	5:30 pm to 6:00 pm	Mantra Chanting
	6:00 pm to 7:00 pm	Group Discussion
	8:00 pm	Dinner Time

23rd May	7:00 am to 8:00 am	Yoga Asana and Pranayama
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch and Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Mantra Music & Mantra Chanting
	5:30 pm to 7:00 pm	Paint your inner feelings with Meditation music
	8:00 pm	Dinner Time

24 th May	7:00 am to 8:00 am	Yoga Asana and Meditation
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch n Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Anant and Anand Meditation
	5:30 pm to 6:00 pm	Mantra Chanting

	6:00 pm to 7:00 pm	Talk in Silence with each other
	8:00 pm	Dinner Time

25 th May	7:00 am to 8:00 am	Yoga and Meditation
	8:00 am to 9:00 am	Breakfast
	9:30 am to 5:00 pm	Sight visit * Chamunda Temple * Anant Anand Ashram (Jia Valley) * Baijnath Temple
	8:00 pm	Dinner Time

26 th May	7:00 am to 8:00 am	Yoga and Meditation
	8:00 am to 9:00 am	Breakfast
	9:30 am to 5:00 pm	Sight visit * Pong Dam, Jawalamukhi Temple and sight scene
	8:00 pm	Dinner Time

27 th May	7:00 am to 8:00 am	Yoga Asana
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch n Rest time
	2:00 pm to 3:30 pm	Healing Workshop
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Healing Workshop Continue
	5:00 pm to 5:30 pm	Dance with Mantra Music
	5:30 pm to 6:00 pm	Yoga Nidra Meditation

	6:00 pm to 7:00 pm	Discussion
	8:00 pm	Dinner Time

28 th May	6:00 am to 8:00 am	Havana
	8:00 am to 9:00 am	Breakfast
	9:30 am to 12:30 pm	Healing Workshop
	12:30 pm to 2:00 pm	Lunch n Rest time
	2:00 pm to 3:00 pm	Mantra Music & Mantra Chanting
	3:30 pm to 4:00 pm	Tea Break
	4:00 pm to 5:00 pm	Certificate Distribution
	5:00 pm to 6:00 pm	Sharing your feelings with each other
	8:00 pm	Dinner Time
	9:00 pm to 11 pm	Celebration with music & dance
	6:00 am to 8:00 am	Havana

29 th May	Any Hours	Departure Day
----------------------	-----------	---------------