



DAILY PROGRAM

JUNE 19, 20 & 21

TIMES	SESSIONS	DETAILS
9.30 – 10.00am	Group Chanting -chants to honour the teachings & chants with a focus on svadhyaya, self study.	Taittiriya-upanisat svadhyaya-prasamsa`
10.00 – 10.45am	Asana Practice	All practices are layered with self-study. Friday – Body focus Saturday – Body & Breath focus Sunday - Body /Breath /Mind focus
11.00 – 12.00	Theoretical framework/s for self study -Yogasutra references -Models and texts -Experiential group process	What are we seeking to connect with in our body/breath/mind and beyond? How can we plan to create space for self discovery? Friday – Asana Saturday – Pranayama Sunday – Meditative Practice
12.00 – 12.30pm	Pranayama Practice	-Conscious breath -Regulated Breath for creating space -Using the four parts of the breath to create space in our lives
1.30 – 2.30pm	'Svadhyaya' Presentations - with an experiential process in small groups	A modern view of 'Self ' A multidimensional ancient view of 'Self ' Cultivating Space to Communicate & Connect with self and others
3.00 – 4.00pm	Meditative Practice	Focus for Meditative Practice Friday: Body /Breath Saturday: Body /Breath / Mind Sunday: Body/Breath /Mind & Beyond
4.15 – 5.00pm	Group Chanting	Taittiriya-upanisat Svadhyaya-prasamsa Uttarasantipathah & Healing Chants