Seven-Day Pilgrimage Schedule

Friday

1:30	Check-in
2:00	Orientation program
4:00	Dinner prep/Quiet study
6:00	Meditation
6:30	Dinner and cleanup
8:00	Workshop
9:00	End of workshop
9:30	Quiet ajapajapam house

Saturday

5:30	Meditation
6:00	Quiet break
6:45	Breakfast
8:00	Mantram beach walk
10:00	Workshop
11:45	Video talk of Easwaran
12:00	Meditation
12:45	Lunch
2:00	Free time
4:00	Dinner prep/Quiet study
6:00	Meditation
6:30	Dinner and cleanup
8:00	Workshop
9:00	End of workshop
9:30	Quiet ajapajapam house

Sunday

5:30	Meditation
6:00	Quiet break
6:45	Breakfast
8:00	Mantram beach walk
9:45	Satsang Live, workshop (with break)
12:00	Meditation
12:45	Lunch
2:00	Free time
4:00	Dinner prep/Quiet study
6:00	Meditation
6:30	Dinner and cleanup
8:00	Workshop
9:00	End of workshop
9:30	Quiet ajapajapam house

Monday, Tuesday, Wednesday

5:30	Meditation
6:00	Quiet break
6:45	Breakfast
8:00	Mantram beach walk
10:00	Workshop
11:45	Video talk of Easwaran
12:00	Meditation
12:45	Lunch
2:00	Free time
4:00	Dinner prep/Quiet study
6:00	Meditation
6:30	Dinner and cleanup
8:00	Workshop
9:00	End of workshop
9:30	Quiet ajapajapam house

Thursday

5:30	Meditation
6:00	Quiet break
6:45	Breakfast
8:00	Mantram beach walk
10:00	Leave for sacred Ramagiri Pilgrimage
12:00	Shanti meditation/ Blessing at Memorial Rock
1:00	Lunch
1:45	Going-away passages
2:00	Pilgrimage ends