

# Mandala Yoga Ashram

## A standard course timetable

### **Initial Evening:**

Arrival in the mid to late afternoon to settle in

6.15pm            Supper

7.45pm            Welcome and Introductory Session

### **Each full day:**

5.30am            Awakening bell

6.15 – 7.40        Hatha yoga class

7.50 – 8.40        Group chanting and guided meditation

8.45                Breakfast

9.30 - 11.00       Karma yoga

11.00 - 11.25     Tea break

11.30 –12.45     Course session in the hall

1.00pm            Lunch

*Time to rest, be in nature, read, talk to others etc*

3.30-4.30         Course session in the hall

5.00 - 6.00        Course session in the hall

6.15pm            Supper

7.45 – 9.00        Evening session of satsang (questions & answers)  
and/or kirtan – collective chanting

### **Final morning:**

As above until:

11.30 –12.45     Concluding session

1.00pm            Lunch, following by departure at a time of your own  
choosing

Some people choose to arrive or depart a day or so earlier or later,  
and follow the daily routine of the ashram to extend their stay.