



# Hari Simran Flow of Prosperity | Kundalini Yoga

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
06:00 – 08:00		Sadhana (Sunrise practice)	Sadhana (Sunrise practice)	Sadhana (Sunrise practice)	Sadhana (Sunrise practice)	Sadhana (Sunrise practice)	Sadhana (Sunrise practice)
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30 – 20:00	Intro tour, registration, short opening session & dinner	2 hrs noon / afternoon session & free time	2 hrs noon / afternoon session & free time	2 hrs noon / afternoon session & free time	Boat trip, outdoors practice & free evening	2 hrs noon / afternoon session & free time	
20:00		Dinner	Dinner	Dinner		Dinner	
21:00 – 22:00	Night practice	Night practice	Night practice	Night practice		Party !!	