

## The Neutral Mind , Kundalini Yoga with Carolyn Cowan

	Day 1	Day 2	Day 3	Day 4
09:30	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
10:30-13:00	Morning Session	Morning Session	Morning Session	Morning Session
13:30	Lunch	Lunch	Lunch	Lunch
15:00-17:30	Afternoon Session	Afternoon Session	Afternoon Session	Afternoon Session